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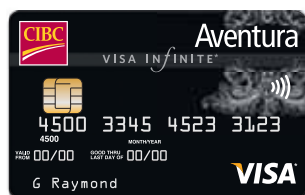


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Maybe the polar bears were wrong

Coke's 11-year contract with U of A is set to expire soon and students are rooting for some new drink choices

PAGE 3

Thanks for all the fish

Metro helps break down the basics of fish-oil supplements

PAGE 23

WHEN THE MOON HITS YOUR EYE LIKE A BIG PIZZA PIE

IT'S ... A MINING OPPORTUNITY? THE MOON HOLDS MANY RARE ELEMENTS, LEADING TO TALK OF MOON MINING

PAGE 17



Alberta Premier Alison Redford leaves with members of her caucus after a meeting in Edmonton on Monday. JASON FRANSON/THE CANADIAN PRESS

Another MLA defects from PC caucus

'Not about leadership.'

Donna Kennedy-Glans, the former associate minister for electricity, will now sit as an independent

Quoted

"We've had conversations about the premier's leadership for months now. I am just one person. I have to make my choices. I'm not here to bring down anyone." Donna Kennedy-Glans

Redford's team to sit as an Independent.

Kennedy-Glans, member of the legislature for Calgary Varsity, cited the inability to create change from within the party and a culture of entitlement as reasons for her departure.

But she did not criticize Redford by name.

"This is not just about leadership," Kennedy-Glans told reporters in Calgary. "This is about how our party functions and whether change from within is possible."

Kennedy-Glans was the associate minister for electricity

and renewable energy. She will sit as an Independent.

Redford has been facing increasing unrest within her caucus, fuelled by concerns over her leadership style and a \$45,000 trip to South Africa.

Last week, Calgary backbencher Len Webber also quit the Tory caucus, calling Redford a bully and "not a nice lady." On Friday, the president of a Progressive Conservative riding association in northeast Edmonton said Redford must resign or the party will lose the next election.

THE CANADIAN PRESS

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On the roads

Motorcyclists ask city to put brakes on bylaw

Edmonton motorcyclists say the city should be throwing out a noise bylaw that targets them instead of even considering raising the fine.

Councillors asked for a report on raising the fine, from the current \$250, during a committee meeting Monday.

Liane Langlois, a spokesperson for the group Motorcyclists Opposing Discriminatory Exhaust Legislation, said she was stunned when Coun. Michael Oshry asked about the idea.

"To say that I was disappointed is an understatement, because that was not the conversation I had with councillor Oshry," she said. "That came out of left field for me."

Langlois contends that the bylaw is discriminatory because it focuses on motorcycles.

"This bylaw has subjected motorcyclists to a completely different standard with double the amount of the fine for the exact same infraction that a motorist would commit," she said.

Sine Edmonton enacted the bylaw, 338 motorcyclists have been charged and 714 operators of other motor vehicles have been charged for noise violations under the traffic safety act.

Oshry said he believes changing the bylaw might be necessary.

"The city is trying to make downtown livable and it's very apparent that the noise from motorcycles is a significant concern for a lot of residents," he said.

Oshry said his concern is the current fine doesn't do enough to prevent motorcyclists from modifying their bikes.

"Perhaps we need to increase the fine, so that people don't adjust motor-cycles at all," he said.

RYAN TUMILTY/METRO



Nichole Batienco, left, and Aleah Loney stand next to a student commissioned and constructed sculpture, made up of 560 plastic water bottles, which represents 10 per cent of the bottled water consumed at the University of Alberta each month. LEAH GERMAIN/METRO

U of A students hope to ditch Coca-Cola

Exclusive rights.
More than 11 years after agreement signed, students ready for change

LEAH GERMAIN
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Students at the University of Alberta are calling on the administration to ditch an 11-year-old relationship with Coca-Cola, as the soda titans' exclusivity contract is set to expire next year.

The agreement, which was struck in 1993 between the university, student union and Coca-Cola, gave the company exclusive rights to sell its products on campus in

exchange for funding that was used to support student services, scholarships and bursaries.

Standing next to a sculpture made up of 560 water bottles on Monday, Aleah Loney and Nichole Batienco agreed now is the perfect time to reconsider the contract and start thinking of ways to cut back on the number of bottles of water consumed each day on campus.

"It's really about awareness," said Loney. "It's not that we don't want people to access water. In fact, it would be really great if people were to carry water bottles around."

With the contract ending May 31, 2015, Loney called on the university to consider other options for water, including bottle refill stations and water fountains.

Josh Le, VP Operations and Finance for the U of A student union, said student concern regarding the Cold Beverage Agreement with Coca-Cola has been ongoing, but he couldn't say what might happen next year when the contract ends.

"There has been talk — and there is always talk — about a single-source beverage agreement," he said. "I think next year will be interesting to watch."

Le said the student union generally receives between \$75,000 and \$125,000 from the agreement, while the university gets upwards of \$500,000 in scholarships and bursaries.

Doug Dawson, executive director of Ancillary Services Administration, wouldn't comment on the total amount of money the university had

At a glance

- Organizers for the Edmonton Water Week estimate more than \$168,000 worth of bottled water is consumed at the U of A each year.
- In 2007, the student union held a plebiscite asking students if they wanted to resign the Cold Beverage Agreement with Coca-Cola — 57 per cent voted in favour.

received from the contract, but said it was upwards of millions since 1993.

"It's generated a large amount of student scholarships and bursaries," Dawson said.

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1 NEWS

Sandra Jansen. Minister to keep anti-bullying job after ridiculing colleague

It appears that Alberta's anti-bullying minister will not be turfed for publicly mocking one of her colleagues.

Alison Redford is dismissing opposition suggestions that Sandra Jansen be fired from her family- and community-safety portfolio.

Redford says people say unfortunate things in the heat of the moment and points out that Jansen has apologized.

On Friday, Jansen criticized Len Webber, a caucus colleague who quit while saying Redford abuses and bul-

Start date

Sandra Jansen was sworn in as Associate Minister of Family and Community Safety on Aug. 1, 2013.

lies those around her.

Jansen told a national TV program that if Webber was uncomfortable with the rough-and-tumble world of politics, maybe he should "go back to being an electrician."

THE CANADIAN PRESS

Fort Chipewyan

Mounties help deliver baby

Responding to a medical emergency in Fort Chipewyan, local RCMP helped deliver a baby on Saturday night.

At approximately 2:45 a.m., officers were called to

a residence to help a woman in distress.

Upon arriving, the two constables found a female in labour, who couldn't be transported to the local nursing station. Staying on scene, the pair helped deliver the baby without complication.

RCMP from Wood Buffalo called the members heroic.

METRO

City's TripAdvisor profile needs help, resident says



An Edmonton man is trying to encourage residents to post their reviews of local establishments and other attractions on TripAdvisor. STEPHANIE DUBOIS/METRO

Outdated. Updating site fits into long-range plan, says Edmonton Tourism

Last updated

2011

Prior to Sunday, the last time a user updated the city's TripAdvisor profile was in 2011.



STEPHANIE DUBOIS

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While doing research for a trip on the popular travel website TripAdvisor, Edmontonian Chris Buyze decided to check out the city's own page on the online resource.

What he found was nothing short of outdated, with information listing the Art Gallery of Alberta as one of Edmonton's newest attractions and some older establishments listed under the Nightlife in Edmonton section.

"The site is horribly out of date. If you look at other cities, they have more information than us," he said.

Through a Make Something Edmonton project,

Buyze is asking people to post their recommendations and reviews for restaurants, hotels and other attractions to further promote the city.

"I just want to make sure people know why we're so proud and why we like Edmonton," he said.

Edmonton Tourism officials say they are looking to improve the city's image by updating travel websites like TripAdvisor more often once they launch a new consumer website this May.

"Sites like TripAdvisor are part of a whole plan.... Certainly something we will be watching," said Renee Williams, media relations manager at Edmonton Tourism.

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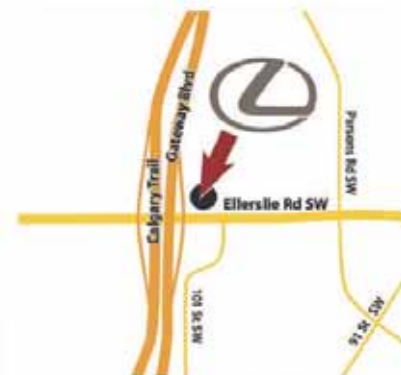
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No extra funding for ESL programs

Inclusive education.

Province expects 7% enrolment increase in ESL programs



LEAH GERMAIN

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Edmonton school boards won't be seeing additional funding for English as a Second Language programs as enrolment estimates continue to increase for 2014-2015 despite cuts to funding in last year's budget.

Under the new inclusive education model, second-language learners are incorporated into the classroom, causing some to question the support for teaching staff who have to cater to the needs of every student.

"It's hard for classroom teachers," said Lynn Farrugia, ESL consultant for Edmon-

In Catholic schools

- Edmonton Catholic School board is expecting a seven per cent increase in English-language learners next year. The province has projected \$7.2 million in funding, up from its \$6.7-million estimate from 2013.

ton public schools. "Overall, the money ... really hasn't changed (but) the number of students certainly has."

With the province funding approximately \$330 per student for five years, Farrugia said last year's cut have been a challenge but schools are finding a way to manage, as the province pushes for more inclusive education.

"We know it's what's best for kids," Farrugia said. "It has to be the right kind of inclusion, not just a desk in the

classroom, not just a physical space, but the right programming and the right full integration into the class."

For 2014-2015, the public board is anticipating a seven per cent increase in English-language learners, but only preparing for a \$1-million boost from last year's \$17 million in ESL funding.

Cash for ESL programming is spent at the school level on additional resources, professional development for teachers and other programming supplies.

Edmonton parent Margaret Thompson said while her three children aren't English-language learners, she has seen a huge benefit to having extra resources for teachers in the classroom.

"In my son's Grade 9 social class, they surveyed how many kids were not born in Canada or their parents were not born in Canada; all but two put up their hands," she said.



Students play at Tipaskan School's full-day kindergarten program. Tipaskan is just one EPSB school that focuses on inclusive education for English-language learners. METRO FILE

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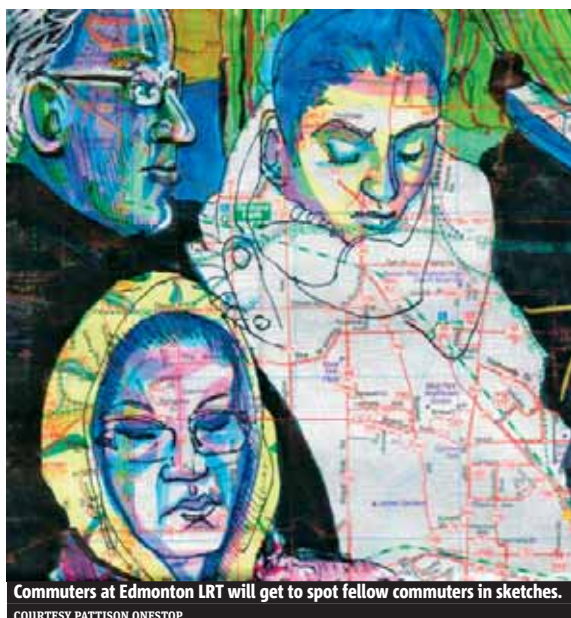
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Commuters at Edmonton LRT will get to spot fellow commuters in sketches.
COURTESY PATTISON ONESTOP

Commuters focus of new transit art

Outside the lines.
Artists use everyday routine as focus for public art



STEPHANIE DUBOIS
stephanie.dubois@metronews.ca

Transit users will soon get a glimpse of commuters from around the world while waiting for the LRT.

As part of the national Art in Transit project, Sketching the Line will feature 78 sketches drawn by 13 artists focusing on commuters in public transit systems around the world, all of which will be displayed at the city's LRT stops until April 13.

"I spent many years avoiding transit-themed art ... (but) it's the space we use so much. It's part of our everyday," said Sharon Switzer, national arts programmer and curator for Pattison Onestop.

Sketches of Toronto, New York, Berlin and U.K. com-

muters are being featured on the Pattison Onestop screens in local stations, with one sketch featured every 10 minutes, according to Switzer.

Many of the artists have been sketching commuters for years in their respective cities, by playing upon the idea that many commuters travel every day without ever fully taking in their surroundings.

"(The sketches) give them a different way to relate to this thing they do every day. We spend a lot of time not looking at each other," said Switzer.

The project also features special drawings by Calgary-based artist Jan Beringer, whose mobile drawings reflect the landscape while doing a 300-kilometre daily car commute in a Mini Cooper from Calgary to Drumheller. The sketches will be featured on a billboard on Highway 2, just south of Airdrie.

The art will be featured on Edmonton LRT screens as well as at the Calgary airport until April 13.

Fresh perspective

"(The sketches) give them a different way to relate to this thing they do every day. We spend a lot of time not looking at each other."

Sharon Switzer, national arts programmer and curator for Pattison Onestop

Friends mourn avalanche victim

Greg Di Valentin was a recently engaged, enthusiastic outdoorsman who was constantly working to improve his backcountry skills, say friends of the 38-year-old Calgary man who died in a weekend avalanche.

"He was a very active outdoor fellow, quite eager to learn and to expand his involvement and knowledge about the outdoors," said Rob Omura, past secretary of the

Calgary Outdoor Recreation Association.

Luc Lavictoire was close friends with Di Valentin growing up in Ottawa. "He died doing something he liked, but at the same time, he was only 38 years old and he recently got engaged at Christmas, so it was a real shock for the people here in Ottawa," he said.

Di Valentin was backcountry skiing in a group of four when he was completely

buried by an avalanche in the Helen Shoulder area south of Num-Ti-Jah Lodge, in Banff National Park, according to police accounts. His friends were able to locate him with transceivers and dig him out.

He suffered critical injuries and was airlifted to Calgary's Foothills Hospital, where he underwent surgery, but died Sunday evening, Lake Louise RCMP confirmed.

ROBSON FLETCHER/METRO IN CALGARY



Greg Di Valentin died in a weekend avalanche. MEETUP



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Rural Manitoba. Seven-year-old girl mauled to death by two dogs

A seven-year-old girl is dead after being mauled by two dogs at a rural Manitoba home.

RCMP spokeswoman Tara Seel said officers responded to a call Sunday in the Rural Municipality of Springfield. The girl was rushed to a Winnipeg hospital where she was pronounced dead.

The girl, who was from the Rural Municipality of St. Andrews, was visiting family friends at the time of the attack, Seel said.

"Two Alaskan malamute dogs were seized and are being held by RM of Springfield animal control while the investigation continues," she said Monday. "It should be noted that the dogs were known to the deceased. This was not a random attack."

The girl's name and exact cause of death were not be-

ing released, Seel said. It's not clear what prompted the attack, she added.

The girl was being supervised by an adult but it doesn't appear anyone witnessed the mauling, Seel said.

"This is just a tragedy all around and you never like to hear about this type of thing. You feel for everyone involved."

Charges are not being ruled out.

"We're still in the thick of the investigation," Seel said.

Bill McDonald, CEO of the Winnipeg Humane Society, said malamutes are traditionally sled dogs that can weigh anywhere between 36 and 45 kilograms. They are generally known as a friendly breed, but he said there have been cases where malamutes have fatally attacked children before.

THE CANADIAN PRESS

NYC mayor skips St. Pat's parade amid tension over gays

Parade organizers. They've said gay groups are not prohibited from marching, but can't carry signs

New York City's St. Patrick's Day parade stepped off Monday without Mayor Bill de Blasio marching along with the crowds of kilted Irish-Americans and bagpipers amid a dispute over whether participants can carry pro-gay signs.

The world's largest parade celebrating Irish heritage set off down Fifth Avenue on a cold and grey morning, the culmination of a weekend of St. Patrick's Day revelry.

De Blasio held the traditional St. Patrick's Day breakfast at Gracie Mansion with the Irish prime minister, Enda Kenny, but was boycotting the parade, which doesn't allow expressions of gay identity. Boston's new mayor, Martin Walsh, also opted out of that city's parade Sunday after talks broke down that would have allowed a gay veterans group to march.

Guinness beer abruptly dropped its sponsorship of New York's parade on Sunday over the controversy. The Dublin-based company has pulled sponsorship assets,



In this Friday, March 17, 2006 file photo, members of the Irish-American gay community protest on Fifth Avenue the exclusion of gay expression from the annual St. Patrick's Day Parade in New York. DIMA GAVRYSH/THE ASSOCIATED PRESS

including on-air presence, parade participation and any promotional materials that weren't already printed, although the beer maker had already made a payment to parade organizers, spokeswoman Alix Dunn said.

Other beer companies earlier joined the boycotts, with Sam Adams withdrawing its sponsorship of Boston's parade and Heineken following suit in New York. That leaves Ford as the last remaining major sponsor of the Manhat-

tan parade.

Parade organizers in New York have said gay groups are not prohibited from marching, but they are not allowed to carry gay-friendly signs or identify themselves as LGBT.

For the second year running, Dublin's major parade was including groups from Ireland's gay-rights groups, Dublin Pride and BeLonG To. Gay groups are a big part of the Dublin community dance groups, which wear flamboyant outfits and feature in

each year's Dublin parade.

While New York's Irish people, their descendants and the Irish-for-a-day planned to revel in the celebration of culture on Monday, de Blasio's decision to skip the parade underscores lingering political tensions over gay-rights issues in the United States. Kenny, however, refused to be sidelined, saying he'd join the procession Monday in Manhattan because the holiday is about Irishness, not sexuality. THE ASSOCIATED PRESS

Documents. Military rejected Canada Day Afghanistan tribute

Military planners have treaded delicately on how best to remind the country of the sacrifices of Canadian Forces members in Afghanistan, raising concerns about potential political and public sensitivities, newly released documents show.

That led military brass to ultimately recommend abandoning plans for a noon-time ceremony on Parliament Hill this coming Canada Day that would have commemorated the mission.

Inside the Defence Department, preparations are under way for a series of war

commemorations aimed at making sure Canadians never forget the 12 years that their military personnel spent in the war-ravaged country, where 158 of them died.

Documents obtained by the Liberal party under the Access to Information Act show that "Operation Distinction" — a campaign mandated by Prime Minister Stephen Harper — is proposing a series of high-profile events in the coming years to help celebrate Canada's 150th birthday in 2017.

THE CANADIAN PRESS

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Lethal fumes. Three dead in suspected carbon monoxide poisoning

Three family members are dead of suspected carbon monoxide poisoning after police say at least one portable propane heater was used inside a home northwest of Toronto.

Const. Fiona Thivierge of Peel Regional Police says a 60-year-old man, his 59-year-old wife and their 36-year-old son died in hospital after the overnight incident in Brampton, Ont.

Two other men who were also in the home were taken to hospital but are expected to recover from inhalation of fumes.

Thivierge says the couple's 29-year-old son arrived home just before 2 a.m. Monday to find the carbon monoxide detector going off and everyone inside the home unconscious.

She says the home's furnace had broken down the previous day and at least one outside heater had been brought inside to warm the home during the bitterly cold weekend.

Caution

- Police are reminding people not to bring propane heaters into their homes.
- Two people died of carbon monoxide poisoning in Newcastle, Ont., east of Toronto, after trying to keep warm with a gas generator in a garage. In another incident, 4 Toronto residents were treated in hospital after using a charcoal barbecue indoors.

"All we really know at this point is the furnace ... broke down at some point yesterday. They had these propane heaters at the side of the house and they went and brought them inside to warm the house up," said Thivierge.

The identities of the victims are not being released.

THE CANADIAN PRESS

Trial. Pistorius had 'great love and enthusiasm' for guns: Firearms trainer

Oscar Pistorius once said he mistook the sound of a washing machine for an intruder and went into "combat mode" in his house, a South African guns expert testified Monday at the athlete's murder trial in Pretoria, South Africa. Months later, Pistorius killed his girlfriend by shooting her through a closed toilet door.

Sean Rens also said the Olympian had a "great love

and enthusiasm" for guns and wanted to buy seven more in 2012, to add to the 9 mm pistol he already owned. He asked Rens, a firearm trainer, to procure them for him under a gun collector's permit.

Pistorius said he killed girlfriend Reeva Steenkamp by accident on Feb. 14, 2013, mistaking her for an intruder in his home. Prosecutors say he killed her intentionally after an argument. THE ASSOCIATED PRESS



Oscar Pistorius wipes his eye during crime-scene photographs as he sits in the dock in court in Pretoria, South Africa, on Monday. Pistorius is on trial for the murder of his girlfriend Reeva Steenkamp on Valentine's Day 2013.

DANIEL BORN/THE ASSOCIATED PRESS

Diplomatic drama

Iran cancels dinner with EU's foreign policy chief

Iran's Foreign Minister Mohammad Javad Zarif cancelled a planned dinner meeting with the European Union's foreign policy chief Catherine Ashton on Monday over meetings she had with opposition activists during a visit to Iran earlier this month, semiofficial Fars news agency reported.

THE ASSOCIATED PRESS

Anti-government rallies

Turkish activists charged following 2013 protests

Turkey's state-run news agency says a prosecutor in Istanbul has charged five prominent activists involved in last year's anti-government protests with forming a criminal gang and staging illegal demonstrations.

THE ASSOCIATED PRESS

British Columbia

Water permits for fracking illegal, lawsuit alleges

Environmental advocates say the B.C. government has been illegally granting natural gas companies repeated short-term approvals, allowing them to use large quantities of fresh water for years without obtaining full water licences. The Western Canada Wilderness Committee and the Sierra Club of B.C. are asking a court to throw out the short term approvals granted for water use for fracking.

THE CANADIAN PRESS

Serial killer case

\$50K for children of Pickton's victims

The botched investigation in British Columbia into serial killer Robert Pickton has resulted in a settlement of \$50,000 for each of the victims' children who sued the government and the RCMP. THE CANADIAN PRESS

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A Ukrainian soldier guards a military camp near Michurino, Ukraine. Acting president Olexandr Turchynov described Sunday's poll as a farce that would "never be recognized by Ukraine and the civilized world." SERGEI GRITS/THE ASSOCIATED PRESS

What's next?

- A delegation of Crimean lawmakers was set to travel to Moscow on Monday for negotiations on how to proceed. Russian lawmakers have suggested that formally annexing Crimea is almost certain — with one saying it could happen within days.
- The Crimean referendum could encourage rising pro-Russian sentiment in Ukraine's east and lead to further divisions in the nation of 46 million.
- In Kyiv, acting president Oleksandr Turchynov vowed that Ukraine will not give up Crimea. "We are ready for negotiations, but we will never resign ourselves to the annexation of our land," a sombre-faced Turchynov said in a televised address to the nation.



An elderly woman speaks to a Russian military man outside a Ukrainian military peninsula of Crimea voted overwhelmingly yesterday to secede from their country

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West hits sanctions

Tensions rising.

Ukraine's president activates thousands of military reservists as Russian troops mass near its border

Russian President Vladimir Putin recognized Crimea as a "sovereign and independent country" Monday, just hours after the strategic Black Sea peninsula declared it had broken away from Ukraine.

The moves triggered the toughest Western sanctions against Russia since the Cold War — with Washington and the European Union retaliating with asset freezes and travel bans and U.S. President Barack Obama vowing to "increase the cost" if the Kremlin does not back down.

Ukraine's turmoil has become Europe's most severe security crisis in years and tensions have been high since Russian troops seized control of Crimea, which decided in a Sunday referendum to merge with Russia. Putin signed a decree recognizing Crimea's independence, and Russian troops were massed near the border with Russian-speaking eastern Ukraine.

Ukraine's acting president raised tensions on the ground by calling for the activation of some 20,000 military reservists and volunteers and for the mobilization of another 20,000 in the national guard.

The U.S., EU and Ukraine's new government do not recognize the referendum held Sunday in Crimea, which was called hastily as Ukraine's political crisis deepened with

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base on Monday in Simferopol, Ukraine. Voters on the autonomous Ukrainian and join Russia. DAN KITWOOD/GETTY IMAGES

Russia with over Crimea



U.S. President Barack Obama
THE ASSOCIATED PRESS

the ouster of President Viktor Yanukovich following months of protests and bloodshed. In addition to calling the vote itself illegal, the Obama administration said there were

"massive anomalies" in balloting.

A top Russian official hit by sanctions mocked Obama.

"What should those who have neither accounts nor property abroad do? Have you not thought about it?" Deputy Prime Minister Dmitry Rogozin tweeted. "I think the decree of the President of the United States was written by some joker."

The Crimean parliament declared that all Ukrainian state property on the peninsula will be nationalized and become the property of the Crimean Republic. It gave no further details. Lawmakers also asked the United Nations and other nations to recognize it and began work on setting up a central bank with \$30 million in support from Russia.

THE ASSOCIATED PRESS

The view from home

Harper: 'We must keep the pressure on' Russia

Prime Minister Stephen Harper says Canada will impose more sanctions on Russia as a result of Sunday's vote in Crimea to secede from Ukraine.

Harper said Monday that the result of the so-called referendum is illegitimate and was conducted under an illegal occupation.

Harper said his government will be announcing more economic sanctions and travel restrictions on "senior people" in Russia and Ukraine, and "in Crimea specifically."

"It's my strong belief we must keep the pressure

on and we must continue to maintain sanctions and maintain putting in place strong steps to dissuade this behaviour," Harper said. "What the Putin regime has done cannot be tolerated and can never be accepted."

The prime minister said the sanctions are aimed at isolating Russia. "The individuals targeted are responsible for undermining the sovereignty and territorial

integrity of Ukraine and for facilitating Russian military action against Ukraine," he said.

He said the measures demonstrate to Russia that its actions have consequences.

"Canada will not stand by while Russia violates Ukrainian sovereignty and territorial integrity."

Canada is acting in concert with its allies, Harper said. **THE CANADIAN PRESS**



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New uncertainty arises in mysterious disappearance of Malaysian jetliner

MH370. Information suggests message from cockpit could have preceded severed communications

Officials revealed a new timeline Monday suggesting the final voice transmission from the cockpit of the missing Malaysian plane may have occurred before any of its communications systems were disabled, adding more uncertainty about who aboard might have been to blame.

The search for Flight 370, which vanished early March 8 while flying from Kuala Lumpur to Beijing with 239 people on board, has now been expanded deep into the northern and southern hemispheres. Australian vessels scoured the southern Indian Ocean and China offered 21 of its satellites to help Malaysia in the unprecedented hunt.



People holding balloons pose next to a message reading "Pray for MH370," in Kuala Lumpur, Malaysia, on Monday. LAI SENG SIN/THE ASSOCIATED PRESS

With no wreckage found in one of the most puzzling aviation mysteries of all time, passengers' relatives have been left in an agonizing limbo.

Investigators say the Boeing 777 was deliberately diverted

during its overnight flight and flew off-course for hours. They haven't ruled out hijacking, sabotage or pilot suicide, and are checking the backgrounds of the 227 passengers and 12 crew members — as well as the

ground crew — for personal problems, psychological issues or links to terrorists.

Malaysian Defence Minister Hishammuddin Hussein said finding the plane was still the main focus, and he did not rule

out that it might be discovered intact. "The fact that there was no distress signal, no ransom notes, no parties claiming responsibility, there is always hope," he said at a news conference. **THE ASSOCIATED PRESS**

Disabled transponders

Raising more questions

The new information opened the possibility that both ACARS and the plane's transponders, which make the plane visible to civilian air traffic controllers, were turned off at about the same time. It also suggests that the message delivered from the cockpit could have preceded any of the severed communications.

Turning off a transponder is easy and, in rare instances, there may be good reason to do so in flight — for example, if it were reporting incorrect data. The Malaysian plane does not appear to fit that scenario, said John Gadzinski, a 737 captain.

THE ASSOCIATED PRESS

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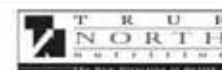
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Scientists find Big Bang's 'smoking gun'

'You can see back to the beginning of time.' Expert thinks finding is among the greatest discoveries over last 25 years

The universe was born almost 14 billion years ago, explod-

ing into existence in an event called the Big Bang. Now researchers say they've spotted evidence that a split-second later, the expansion of the cosmos began with a powerful jump-start. Researchers reported Monday that they found this evidence by peering into the faint light that remains from the Big Bang.

For their research, astronomers scanned about two per-

cent of the sky for three years with a telescope at the South Pole, chosen for its very dry air to aid in the observations.

They were looking for a specific pattern in light waves within the faint microwave glow left over from the Big Bang. The pattern has long been considered evidence of the rapid growth spurt, known as inflation. The research team's leader, John Ko-

vac of the Harvard-Smithsonian Center for Astrophysics, called it "the smoking gun signature of inflation."

The discovery "gives us a window on the universe at the very beginning," said theoretical physicist Lawrence Krauss of Arizona State University, who was not involved in the work. "You can see back to the beginning of time." **THE ASSOCIATED PRESS**



Scientists used telescopes in Antarctica to find evidence the universe began with a split-second of rapid growth. STEFFEN RICHTER/THE ASSOCIATED PRESS



Indians celebrate Holi, the spring festival of colours

A man smears the face of a woman with colours during celebrations marking Holi, the Hindu festival of colours, in Mumbai, India, Monday. The holiday, celebrated mainly in India and Nepal, marks the beginning of spring and the triumph of good over evil.

RAJANISH KAKADE/THE ASSOCIATED PRESS

Toxic smog. Paris curbs use of cars on city streets

Paris imposed drastic measures Monday to combat its worst air pollution in years, banning around half of the city's cars and trucks from its streets for a day in an attempt to reduce the toxic smog that's shrouded the City of Light for more than a week.

Cars with even-numbered license plates were prohibited from driving in Paris and its suburbs.

France has seen exceptionally warm, dry weather this month with little wind, which has trapped car pollution and fumes from seasonal farming activity in the air.

Environment Minister Philippe Martin said lower traffic and favourable weath-

In other cities

- Athens has had an alternate driving ban in place for years. In Brazil, Sao Paulo employs a licence plate-based system that assigns each car a day of the week when it cannot be driven in rush hours.

er patterns were having an impact on pollution, and that the alternate-plates measure would be lifted Tuesday.

All public transport has been free for four days straight to help deal with the pollution — but that too is set to end Tuesday.

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Convicted Mafia boss wins U.K. extradition case

Italy. Former chief of feared Sicilian Mafia won't be sent back

A convicted Mafia boss returned to his comfortable home in London on Monday after a judge ruled that overcrowding in Italian prisons could violate his rights.

The decision, which Italy is likely to appeal, is a triumph for Domenico Rancadore, a 65-year-old who lived a quiet life under the name Mark Skinner for almost 20 years until he was arrested on a European warrant in August.

Italian officials said he had been a chief of the feared Sicilian Mafia and was convicted in his absence for criminal associations between 1987 and



Convicted Mafia boss Domenico Rancadore, left, and his wife Anne Skinner. SANG TAN/THE ASSOCIATED PRESS

1995. Rancadore took his wife's surname and they moved to London with their two children in 1994 — before he was facing charges.

"He made a deliberate deci-

sion 20 years ago to walk away from the Mafia and all that is associated with it," said Rancadore's lawyer, Karen Todner, praising the decision. "He has led a blame-free existence in the United Kingdom where he has resided peacefully with his wife and family."

Rancadore and his wife both had their heads fully covered as they left the courthouse and headed home Monday.

Judge Howard Riddle agreed that there were valid grounds for extradition, but the judge cited a recent higher court ruling that refused extradition of another man because of concerns about overcrowding at Italian prisons.

Rancadore is expected to be freed on bail but required to report to a local police station daily. **THE ASSOCIATED PRESS**



Mademoiselle mayor?

Anne Hidalgo, left, and Nathalie Kosciusko-Morizet during a campaign rally in Paris on Jan. 27. The two women are at war to be the new face of Paris, vying to mark the first time in this city's long history that the mayor won't be a Monsieur. The Socialist Anne Hidalgo is the favourite to win municipal elections that start Sunday. Kosciusko-Morizet, 40, is a former environment minister under Sarkozy's government. THIBAUT CAMUS/THE ASSOCIATED PRESS FILE

Fear of tsunami

Another quake hits coast of Chile

A magnitude-6.2 earthquake shook Chile's northern Pacific shore just hours after a stronger quake hit the same region and prompted a preventive evacuation of coastal areas due to fear of a

possible tsunami.

The quake at 11:11 p.m. Sunday was the strongest of more than 50 aftershocks that followed a magnitude-6.7 quake Sunday afternoon, according to the U.S. Geological Survey.

Most have been imperceptible but a few have shaken residents of the northern Chilean towns, leading some

to sleep in their cars or outdoors.

The big quake caused only minor reported damage, though officials briefly evacuated more than 100,000 people from coastal zones.

Chile's Emergency Office called for a return to normalcy and said offices and schools would be open on Monday. **THE ASSOCIATED PRESS**

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Moon mining: The 21st century gold rush

What's up there

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- Helium-3. A potential radiation-free fuel for nuclear energy production.

Building an economy in space. Many elements that are rare on Earth can be found aplenty on the moon

STEPHANIE ORFORD

For Metro in Vancouver

Five years ago, if you had brought up moon mining among geologists, “you would have been laughed out of the room,” said Gordon Osinski, founder and director of the Canadian Lunar Research Network, and an assistant professor of geology at the University of Western Ontario.

Times have changed. Mining on the moon and on asteroids, formerly the stuff of science fiction, is clearly in the sights of governments and, increasingly, private companies.

In February, NASA announced it was accepting applications from U.S. companies to build robots for lunar prospecting, a step toward creating an economy in space.

And there’s certainly a market for what’s up there. Many elements that are rare on Earth can be found aplenty on the moon. Satellite imaging has shown that the top 10 centimetres of regolith (moon soil) at the south pole of the moon

Mission: 2018

Canada at a crossroads

Moon and asteroid mining is an opportunity Canada cannot afford to miss out on, according to Dale Boucher, CEO of Deltion Innovations.

Boucher’s Sudbury, Ont.-based company has developed a drill for extraterrestrial prospecting. In March 2012, NASA invited the Canadian Space Agency to provide Deltion’s drill system and a rover vehicle for a proposed lunar prospecting mission in 2018.

The Canadian government must now decide whether to fund this.

The mission would research in-situ resource utilization — small-scale extraction and refining of resources that are used on the spot. These technologies, including Deltion’s drill, could be adapted to larger-scale operations.

The 2018 prospecting mission would sample the south pole of the moon for water ice, and would be the first-ever mission to the moon that would have a “mining flavour,” said Boucher. Water



Testing of Deltion’s DESTIN drill in frozen lunar simulant. CONTRIBUTED

is an important first step, he explained. When split into oxygen and hydrogen, it’s a fuel that can be used to power further exploration.

“Canada is at a crossroads right now and the next few months will be very telling.”

Nuclear energy

He-3

Q&A

Helium power

Over billions of years, solar winds have embedded helium-3 into the top 10 centimetres of the moon’s soil. Researchers believe helium-3, which is scarce on Earth, may be the key to fueling sustained, large-scale nuclear fusion reactions that could power cities. Nuclear fusion, the fusing of atoms, is different from current nuclear power plants, which run by nuclear fission, the splitting of atoms. Existing plants split radioactive isotopes of uranium, producing hazardous waste. Not a problem with helium-3, as it is not radioactive.

If reactors get past the research stage, helium-3 could provide the first-ever fuel for nuclear-energy production that doesn’t pose a risk of radiation.

“I think it is a question of when, not if.”

However, the Canadian Space Agency has no plans for large-scale extraterrestrial resource extraction, says Osinski.

Changing the mass of the moon

Gordon Osinski is the founder and director of the Canadian Lunar Research Network and an assistant professor of geology at the University of Western Ontario.



Osinski

If we change the mass of the moon by extracting all these resources, will this affect our tides or have other gravitational effects?

It would have to be a huge fraction of the entire mass of the moon that you’d have to remove. A big part of my research studies meteorite impact craters and there are giant holes in the moon from asteroids and comets hitting it. None of those impact events have had an effect on the moon’s rotation.

Could mining change the way we see the moon from Earth?

You’d have to do it on such a large scale to ever be able to see it from the earth.... Maybe in 1,000 years time it’ll be a discussion point.

appears to hold about 100 times the concentration of gold of the richest mines in the world, according to a recent paper co-authored by Dale Boucher, the CEO of Deltion Innovations, based in Sudbury, Ont.

“There is a business case now for mining (on the moon) as an economic activity,” said Boucher.

So why was the idea laughable five years ago? Getting off this planet is a herculean challenge, technically and economically. “Some of the present estimates are that a one-litre bottle of water soft-landed on the moon would cost about a

quarter of a million dollars,” said Boucher.

But companies are working quickly to reduce that cost. Companies like SpaceX, which streamlines the production and usage of its space vehicles to make them economically viable, are showing that private businesses can get into space more cheaply and efficiently than countries can.

Once you’ve landed on the moon, you’re confronted with more challenges. The ground temperature is -200 C, there’s no atmosphere and solar radiation can damage equipment.

Not all the difficulties are

technical, however. If lunar resource extraction becomes an international activity, there may be conflict over who owns those riches.

In 1967, two years before the first humans landed on the moon, the United Nations created the Outer Space Treaty, but that agreement was vague on resource extraction.

“Those policy and legal issues are going to be as challenging as the engineering,” said Osinski.

Despite its challenges, he anticipates that mining on the moon and asteroids will become a reality in 10 to 20 years.

Why stop at mining?

According to Osinski and Boucher, the moon could also be home to:



Rocket fuelling stations

Stations that extract water could split H₂O to produce oxygen and hydrogen, fuel for missions venturing farther out into space.

Long-range telescopes

The darkness on the far side of the moon would allow telescopes to see even deeper into the universe than the Hubble.



Advertising opportunities

If astronaut Chris Hadfield can tweet a picture of himself from space, more extraterrestrial product placement is likely on the horizon.



Space hotels

“To me, one of the most iconic images ... is just that image of Earth from the moon,” said Osinski. “I think people would probably just pay for that.”





Smells like a Tennessee whiskey war

In this May 2009 file photo, Jeff Arnett, the master distiller at the Jack Daniel Distillery in Lynchburg, Tenn., tests the aroma of whiskey. Jack Daniel's is fighting efforts in the state legislature to dial back the legal definition of Tennessee whiskey, a definition that resembles almost to the letter the process used to make Jack Daniel's. State lawmakers say the requirements make it too difficult for craft distilleries to market their spirits as Tennessee whiskey, a distinctive and popular draw in the booming American liquor business. MARK HUMPHREY/THE ASSOCIATED PRESS FILE

Bombardier on Traxx in S. Africa

Bombardier Inc. is one of four companies picked to supply a total of 1,064 locomotives to South Africa's state-owned freight rail system.

Transnet Freight Rail says the total contract is worth 50 billion rand, or about \$5.16 billion.

Bombardier's announcement didn't disclose how much its share of the contract

is worth but a spokesman said the company will supply 240 electric locomotives.

In total, Transnet said it's buying 599 electric locomotives from Bombardier and CSR Zhuzhou Electric and 465 diesel engines will be supplied by General Electric and CNR Rolling Stock.

Montreal-based Bombardier said it will build all its

Traxx Africa design locomotives in South Africa.

"This implies investments in local manufacturing capacity, training and further improving the skills development of local employees, while working with local partners to achieve the same objectives," Bombardier said in its statement.

THE CANADIAN PRESS

Will the real Bitcoin brainchild please stand up?

We're gonna have a problem here. Dorian Satoshi Nakamoto denies he's behind the cybercurrency

The man Newsweek claimed is the creator of Bitcoin has hired a lawyer in an attempt to clear his name, repeating a denial he made to The Associated Press more than a week ago that he has never had anything to do with the digital currency.

In a statement issued by his lawyer, Ethan Kirschner, Dorian Satoshi Nakamoto said Monday that he "did not create, invent or otherwise work on" Bitcoin. In the magazine's return to print this month after more than a year, Newsweek's cover story declared Nakamoto to be the "face behind Bitcoin."

Despite the repeated denials, the magazine has stood behind the story. Nakamoto, 64, did not say whether he plans to sue the magazine.

Nakamoto repeated that he had not heard of Bitcoin until his son told him a reporter asked about it in mid-February. He said he has not been able to find steady



Dorian S. Nakamoto has repeatedly denied being behind Bitcoin.
THE ASSOCIATED PRESS FILE

the name to be a pseudonym.

It's not clear whether Nakamoto sought out legal counsel or was approached after the story and his denial reverberated around the globe. His lawyer Kirschner's website says he handles business and entertainment matters.

Nakamoto said his statement will be his last public statement on the matter. Neither he nor his lawyer responded to requests for further comment.

In the days since the Newsweek story and Nakamoto's denial made headlines, a barrage of criticism has been levelled at the magazine.

Meanwhile, Nakamoto has been the target of charitable donations. Nearly 1,900 people have contributed bitcoins worth about \$29,000 US to an account created by Bitcoin entrepreneur Andreas Antonopoulos.

Antonopoulos said on the website Reddit.com that it seems "increasingly unlikely" that Nakamoto was indeed the digital currency's creator and that the fund was created to "soften the damage caused by irresponsible journalism."

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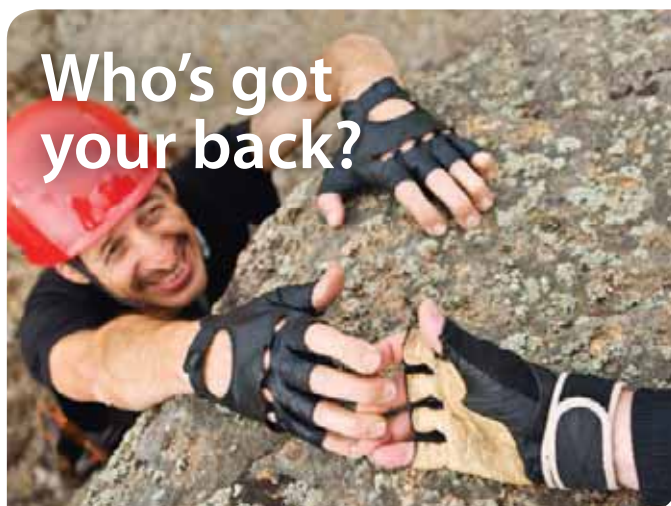


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BAN 'BOSSY' OR BE THE BOSS?

Earlier this month, Facebook COO Sheryl Sandberg launched a high-profile public service initiative to ban the word 'bossy' from our collective vocabularies. She argues that the contentious five-letter word quashes young girls' self-esteem and discourages them from pursuing leadership roles.

Bossy might seem like a relatively innocuous adjective, but think for a moment about how often you've heard a male executive described in this manner. Like catty, bitchy and hysterical, bossy is a loaded expression that is uniquely gendered in its application. Whether you're chastising a difficult child or whining about an argumentative manager, bossy is most-often used to describe female behaviour and it's usually employed in a derogatory way.

The pejorative put-down — which brings to mind shrill nagging rather than competent management strategies — has a real impact on the way women in managerial positions are viewed by others. Aggressive people get the job done; bossy people just make



SHE SAYS
Jessica Napier
metronews.ca

a lot of noise.

Plenty of prominent female celebrities are getting on board the #BanBossy bandwagon — including Diane von Furstenberg, Jennifer Garner and Beyoncé, who all appear in a YouTube video as part of the campaign. As usual, Queen Bey's words are the most resonant: "I'm not bossy," she proclaims, "I'm the boss." Bow down, indeed.

While policing everyday language is a seemingly impossible task, it's important to create awareness about how certain words are used to reinforce negative stereotypes about women in leadership positions. Rather than labelling outspoken women as bossy, we should be encouraging them to raise their hands, give direction, voice their ambitions and take on commanding

roles. But before we attempt to embargo bossy forever, let's take a moment to remember some of the best examples of women who made bossy look good.

Tina Fey, whose bestselling autobiography *Bossypants* — which chronicles her rise to fame in the male-dominated world of

comedy — is both laugh-out-loud funny and incredibly inspiring. Amusingly, Amazon lists Fey's book alongside Sandberg's book *Lean In* as items that are frequently bought together.

The anonymous individual behind Urban Dictionary's top definition for the word bossy sums it up well. The streetwise submission reads as follows: "Describes a girl who is the alpha-female or the queen bee. She is gettin paid, stayin fly, and is the leader of her crew. Respected by all; loved by some." With over 500 'up' votes, this is certainly a description that many of us can get behind.

Little Miss Bossy: the iconic big-mouthed, blue character from the popular children's books by Roger Hargreaves stays true to her name. Little Miss Bossy was the first female character to be introduced in the beloved Mr Men & Little Miss series, staying true to her assertive personality.

American R&B singer Kelis, who reminds us on her catchy 2006 power anthem *Bossy*, that she was the one who brought all the boys to the yard. Years later the song was featured on an episode of *30 Rock*, the award-winning sitcom created by and starring Tina (Bossypants) Fey.



Follow Jessica Napier on
Twitter @MetroSheSays

ZOOM

Reviving ancient history



AMR NABIL/THE ASSOCIATED PRESS

Museum opening near pyramids

Egyptian conservators clean a female mummy dated to Pharaonic late period, (712-323 BC), in the conservation centre of Egypt's Grand museum under construction, just outside Cairo, on

Monday. Egypt's antiquities minister says construction has begun on the main hall of a massive new museum by the pyramids, the final phase of a complex that's intended to house 100,000 ancient artifacts including King Tutankhamun's mummy.

THE ASSOCIATED PRESS



A conservator cleans a piece of limestone. THE ASSOCIATED PRESS

Tourism suffering after years of turmoil

Authorities are seeking to revive Egypt's battered tourism industry after three years of turmoil. The Grand Egyptian Museum was supposed to open in 2012.

THE ASSOCIATED PRESS

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

In glorious news for Beatles nuts and guitar wonks, the excellent Guitar Collection: George Harrison has dropped from its initial price of \$10 to a virtually free tag of \$0.99. Spearheaded by Harrison's son, Dhani, the mobile app provides fans with an up-close look at the Beatle's fearsome guitar arsenal with a fully interactive photo gallery of Rickenbackers, Strats and ukuleles that would alone be worth the cost of entry to some.

But the real treasure lies in audio clips Dhani recorded before George's death, where the father tells the son about his favourite instruments, the stories behind them and the songs they graced — and it truly feels like you're sitting in the room with the pair, listening in.

Toss in a generous helping of Beatles lore and performance videos (including sessions featuring Dhani playing with Conan O'Brien, Ben Harper and others) and you have some of the best bang for a literal buck available on the App Store.



George Harrison
GETTY IMAGES

Twitter

@metropicks asked: By 2025 the Internet will flow in our lives like electricity, experts say. How do you imagine it in 2025?

@Canucklehead_ca: 90% 'which breed of cat are you' quizzes. That being said, unless you get a screen name soon you are likely out of luck.

@MomAndDadFight: in 2025 we've done away with names. Everyone is named Steven. Me and my cousin Steven are going to see Steven at the Stevenplex

Follow @metropicks and take part in our daily poll.

Comments

RE: Scared Of The 9-to-5 Grind? You Will Be After Watching This Film, published March 14

Looks very interesting! Personally I feel very similar when I commute to work every day. I see everyone with their faces planted on their devices. Nobody talks anymore, it's all texting! I went to a sushi restaurant the other day and saw five guys sitting in a booth. Every one of them glued to their phones and not conversing with each other. Just glaring and texting. It's a mad world we live in!!

Supair Mario posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: edmontonletters@metronews.ca

2
SCENE

Nymphomaniac exposes surprising side of Slater

Revealing role.

Keeping his clothes on puts fading star back in the spotlight

MATT PRIGGE

Metro World News in New York

No, Christian Slater wasn't reluctant to do Lars Von Trier's sex movie *Nymphomaniac*. "My fiancée was concerned," he says, "because she's not an actress and not remotely interested or involved in this profession. She's never dated an actor before, so to hear of the project raised some red flags for her."

Then again, Slater was one of the few in the cast who didn't have to do the naughty stuff. He plays the father of the lead character, Joe (Charlotte Gainsbourg as an adult and Stacy Martin as a teen, young adult), a sex addict who relates a history of banging to a stranger (Stellan Skarsgård). Slater keeps his clothes on, save some hospital gown malfunctions late in.

He still had reason to be scared. Von Trier has a reputation as an intimidating monster, one he himself has cultivated and fed to a hungry press. But despite Björk vowing never to act again after his *Dancer in the Dark* and Nicole Kidman running away from the sequel to *Dogville*, most actors have nothing but kind words for him. (Kidman has even said she'd work with him again.) Slater is no different.

"I found him to be very gentle and wonderful," he says. "The scenes that I had to



Christian Slater liked working with Lars Von Trier, calling the director 'very gentle'. DAN STEINBERG/THE ASSOCIATED PRESS

do were very gentle scenes. We shot some of it in his backyard. We used the area of forest he used to play in when he was a kid. I think he felt very sentimental about it."

Slater's material is atypically earnest and warm for Von Trier, and they add an important texture to a film that's

alternately comic and unpleasant. "I'm very happy that those scenes are in there. The movie needs that sensitive softer side. You need to understand that this girl did have some kind of deep, intense emotional background."

Slater shot his footage over four months, coming in and

out of a production that was much more wild when he wasn't there. "I would hear about these stories about what they shot, the sexuality, the prosthetic that Shia (LaBeouf) had to wear — these crazy insane stories," he recalls. "But what was funny to hear was when they shot the first sexual encounter scenes and then by the end they could have cared less, they got desensitized. 'Oh, let's just get naked again.' But me, I would just shoot these sweet scenes with this 12 year-old girl."

For Slater, his *Nymphomaniac* performance is kind of a new big break. He first came to attention in films like *Heathers*, *Pump Up the Volume* and *Young Guns II*, usually playing smirking wisecracks who seemed to be doing Jack Nicholson impersonations. (In person he's more boyish and endearingly excitable.) His career has tapered off over the last 15 years — he's mostly seen in DTV fare these days — but his *Nymphomaniac* turn is both prominent and revelatory, revealing untapped maturity and kindness.

Not that he was completely aware of this at the time. "Quite honestly, I didn't know what we were doing," he says. "(Von Trier) gave me no clear-cut direction how to communicate any of this stuff. I was making it up as I went along. He allowed improv moments. I think the thing he was most concerned about was slowing down, taking my time and not rushing through it."

The whole experience was a kind of rebirth. "It was very unusual," he says. "I kind of had to re-train myself."

DVD review



American Hustle

Director. David O. Russell

Stars. Christian Bale, Amy Adams, Bradley Cooper, Jennifer Lawrence

American Hustle is a dance you want to join and a party invitation you want to take up.

"Some of this actually happened," the title card reads, referring to the parts of this shaggy dog narrative that ricochet off the real con game of the late 1970s and early 1980s, known as Abscam, when FBI agents posed as Arab sheiks to sucker and collar a passel of corrupt politicians.

Directed by David O. Russell, it stars Christian Bale, Amy Adams, Bradley Cooper and Jennifer Lawrence as scammers and flim-flammers on either side of the law, all comports themselves as if they wandered off the set of *Saturday Night Fever*.

Indeed, the ladies flash so much boobage in their permanently NSFW attire, it's almost as if they want to be ready in case a mirror ball suddenly starts flashing and the needle drops on a disc spinning *Disco Inferno* — although the more appropriate tune for this film might be *Do the Hustle*.

Extras include deleted and extended scenes and a making-of featurette.

PETER HOWELL

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SXSW: Teenage kicks and girls, girls, girls

Step aside, guys.

It was the ladies and the youngsters who ruled South by Southwest this year

PAT
HEALY
Metro World News

If this year's SXSW Music Conference in Austin, Texas, is any indication — and it usually is — then you're going to be hearing a lot more from the ladies. It's telling that the keynote speaker for the conference was Lady Gaga, who along with female-fronted acts like St. Vincent and Perfect Pussy generated the most "Did you get to see?" moments over the five days of music.

Angel Olsen is another woman who you'll be reading a lot more about, and all of the hype is warranted. Hailing from Chicago, she stands perfectly still as her songs course through her, delivering lyrics that feel like important truths that you hadn't yet considered.



Folkly siren Angel Olsen was a clear highlight of SXSW, and it's likely she'll be one of 2014's breakout stars. ZIA ANGER

Another female-fronted act that hasn't received quite as much acclaim as Olsen, but is just as deserving, are the Casket Girls. This Savannah band, headed by sisters Phaedra and Elsa Greene, make spooky pop music and incorporate goofy choreography into their dark lyrics. The Girls say that there are more women than men on their current tour with the

bands Stargazer Lilies and Dreamend.

"I think it's totally awesome," says Elsa of the number of women who are making names for themselves in music. "It seems like it's been a totally male-dominated industry, so it's great.... If you think about it, women's lib was really not that long ago and it takes a really long time for that stuff to

take effect."

Many times when interviewing musicians at SXSW, the discussions will take place at a bar over a few Bloody Marys. But the sweat-faded magic marker X's on the hands of The Orwells were an indication that the band, all of whom are 20 years old, wouldn't be following suit. The Chicago five-piece have been at it since

All the young dudes

"We're just living in the present moment, and to us it makes perfect sense for a band to be this age, because most of the bands we like were that age."

Evan Walsh, 17, drummer for the Strypes

high school (which was only a few years ago for them) and their death-grip understanding of how the exchange of energy between audience and band should work made them one of the top must-see acts of this year's SXSW.

Chatting with the band on a sidewalk on 4th Street, what comes across is the youthful exuberance of their live show and a little bit of teenage cynicism. This is the third time they've played SXSW, so excuse them if they're a little jaded.

"Our first South-By, we found our manager," says singer Mario Cuomo. "That's like the best thing that it's ever going to do for us. Once you find a manager and a label that supports you, what the f— is the point of this?"

The point of it is exposure, and The Orwells are getting a

lot of it, having already received seals of approval from the likes of Rolling Stone and Spin for their riotous performances here this year.

Another young band to receive widespread acclaim for their lively performances are The Strypes. Ranging in age from 16 to 18, this Irish five-piece come onstage chomping on gum and dressed to the nines, and then they proceed to play the type of British Invasion blues that would be noteworthy for its authenticity alone even if the band weren't so young.

"We don't really know what's next," says guitarist Josh McClorey, 18. "If we could make a career out of this that would be fantastic to eliminate the idea of having to go to a nine-to-five job that you don't really like."

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Lady Gaga ALL PHOTOS GETTY IMAGES

Lovato has the stomach to take on Gaga fans after pukey SXSW performance

Lady Gaga has received plenty of raised eyebrows for letting a performance artist vomit on her during a concert at SXSW last week, but some people were genuinely offended by the act, including Demi Lovato, who took to Twitter to criticize Gaga for glamorizing eating disorders. "Bottom line, it's not 'cool' or 'artsy' at all," Lovato tweeted. "Would you let someone bring a needle

and shoot up on you? Addiction is addiction." Some fans immediately came to Gaga's defence, accusing Lovato of throwing shade, but she would not be deterred. "It's not 'shade' and it's not 'hate.' But someone has to come forward and say it and I'll take the heat for it," she wrote. "Putting the word 'art' in it isn't a free card to do whatever you want without consequences."



Savannah Guthrie

New bride Guthrie has a baby on the way too

Savannah Guthrie, the Today co-anchor, got married this weekend and broke the news that she is also four months pregnant. She and her new husband Michael Feldman announced the big news to guests at their Arizona wedding on Saturday but asked their friends and family to keep the news quiet. When Guthrie was back at work on Monday morning (not

much of a honeymoon, was it?) Today played a clip of their wedding and the happy pregnancy news. "We are four months pregnant," Guthrie announced to excited guests in the clip, all of whom leapt to their feet in applause. Back on air, Guthrie shared her happiness with viewers. "I'm so happy to tell the world because I can't suck in this gut anymore."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Statham's model girlfriend should tread Kerr-fully

Jason Statham better be careful, as girlfriend Rosie Huntington-Whiteley has reportedly been getting some frank advice from fellow Victoria's Secret model Miranda Kerr about the state of their relationship, according to Radar Online.

"Rosie and Jason have had many ups and downs in their relationship, but the supermodel has begun to lay down the law that if Jason doesn't start getting

serious about getting married, she will leave him. But the ultimatum idea didn't come from Rosie herself but her close pal and mentor Miranda," a source says.

"After Rosie and Jason have spent four years together, Miranda would like to see her get married. She only wants the best for her friend, so she's urging her to give Jason some tough love."

And apparently Kerr is more than happy to take credit for what happens next: "Miranda has been bragging to other friends in recent weeks that she is steering Rosie in the right direction by advising her to leave Jason if he doesn't propose before the summer," the source adds.



Wayne Knight

Good Knight, sweet prince ... No, wait, he's alive!!

Former Seinfeld and Jurassic Park star Wayne Knight had to take to Twitter this weekend to reassure fans that reports of his death were greatly exaggerated. "Some of you will be glad to hear this, others strangely disappointed, but ...

I am alive and well," Knight wrote, responding to fake TMZ and Us Weekly posts claiming he'd died. "Does someone have to DIE to trend? Geez! Thanks for all the love, everybody. I didn't know you cared. Glad to be breathing!"

Three is the magic number for Affleck and Garner

Ben Affleck may have previously hinted that a fourth kid could be in the cards, but Jennifer Garner has effectively put a stop to such talk, according to Radar Online.

"Jennifer told her pal that the difference between having two kids and three is 'massive,' and said (two-year-old son) Sam would complete their family. In fact, Jen admits she and Ben had only planned on having two children, and Sam was a wonderful but genuinely true accident," a source says. "They love their kids, but she's really had her hands full with these three since



Ben Affleck

Sam was born in 2012 and while things are starting to settle down, it's been pretty exhausting, especially with Ben being so busy."

Twitter



@MarkDuplass

I have been up for 2 hours and I remember maybe 6-7 minutes of it.



@ParisHilton

Just had an amazing 2 hour deep tissue massage. Feeling happy & relaxed. Loves it



@ChloeGMoretz

flipping through channels then i see "Why Planes Crash" who would Ever watch that?!

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Fish oils on the brain



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DAVID SINGH
life@metronews.ca

Taking fish oil supplements can be confusing business. Visit the pharmacy aisle of any grocery store and you'll see why.

There are so many questions that can arise from this product. What are the benefits? Are there risks involved

in taking it? Should you take salmon and fish oil, krill oil, or cod liver oil? After all, fish is fish, right?

What's the difference?

All fish oil supplements are not created equally, according to Sandra Edwards, a registered dietitian in Markham, Ont.

"There are different types of fish oil supplements, just like there are different types of fish available," Edwards said.

She says that cod liver and fish liver oil are sources of vitamin A and D, while other types like salmon oil and krill oil contain omega-3 fatty acids. It's important to make the distinction between the two, depending on your specific needs.

What is omega-3?

You may have heard the term omega-3 tossed around before, but what exactly is it?

"Omega-3's fatty acid play a role in the overall health of our heart and brain, but unlike diet or exercise you may not feel or notice a visible benefit," said Matthew Mayer, senior research specialist at the Heart and Stroke Foundation of Canada. "Regular consumption of omega-3s has been linked to reduced risk of some forms of cancer, improved heart rhythm function and reduced risk of heart diseases and stroke."

Food first

Great, now that that's cleared up, time to head to the pharmacy

aisle, right? Not so fast.

The Heart and Stroke Foundation has no position on fish oil supplements. It recommends that Canadians speak to their physicians first. And Edwards agrees. "I would encourage people to get fish in their diet because there are many more benefits to eating fish rather than just the fish oil supplements," she said.

Aim for at least two servings of fatty fish per week. If you can't or don't like to eat fish then it's time to consider other options. That's where your physician's advice comes into play.

Risks to fish oil

Fish oil is not without risks. It can thin the blood, and re-

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For your next outdoor adventure, publisher Random House has assembled six useful tools: a compass, flashlight, level, strobe, and some fun sound effects to help embellish your spooky campfire stories.



Be on the lookout

When buying fish oil supplements, always look for a natural product number (NPN) on the package. This ensures the product has been evaluated by Health Canada for quality, safety and effectiveness.

search about supplements has yielded mixed results.

"More research is needed to understand if the same (omega-3) benefits can be derived from supplements," said Mayer. "It is still quite early, but some research has suggested not all omega-3 fatty acids are linked to improved health."

3 LIFE



It's Kind of a Funny Story

Science IN THE Cinema

ASK A HEALTH RESEARCHER: IS IT SCIENCE OR FICTION?

Thursday, March 20th, 2014 6:30PM

The journey of a high-achieving teenager who checks himself in for treatment after pondering suicide. Join **Dr. Katherine Aitchison**, Alberta Centennial Addiction & Mental Health Research Chair, Professor, Department of Psychiatry UofA. She will host a discussion on mental illness in young adults and the brain after the film.



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Science in the Cinema

Prevention and precision

LINDA
CLARKE

Metro World News in New York City

When it comes to colorectal cancer — which comprises colon cancer and rectal cancer — not all tumors are created equal. The big news in colorectal cancer treatment is genetic sequencing: defining the biology of a tumor and tailoring targeted treatment, rather than going by the old “one pill fits all” application.

“Precision medicine is the buzzword,” says Dr. Rona Yaeger, a colorectal cancer researcher for the American Can-

cer Society. “Already there are drugs in clinical trials that will come on the market soon for new targeted treatments that act on particular tumor types.”

With precision medicine and improved surgery techniques, doctors are able to more accurately target tumors. The result is less treatment for colorectal cancer patients, who previously might have had to endure unnecessary radiation or chemotherapy.

“We’re now understanding that we’ve been over-treating and we don’t always need all that chemotherapy and radiation,” explains Yaeger. “Radi-

tion, in particular, is something we want to avoid if possible, especially in young people, because one of the possible side effects is infertility.”

Generally, colorectal cancer is thought of as an older person’s disease. Yaeger tells Metro that the average age of colorectal cancer patients is 70, but adds that the incidence of colon cancer is increasing in 25- to 50-year-olds.

“So far, the evidence is observational, but that’s what we’re seeing,” she says. “The problem is that in younger people, colorectal cancer is more likely to be advanced. Young people do

not seek treatment until they present with symptoms, such as bloody stool, or a change in bowel movement. With young people, it’s beyond a polyp.”

Polyps are pre-cancerous ruptures in the bowel wall that are found during colonoscopy exams and removed. Colonoscopies are an effective tool in preventing cancer.

Despite all the advances in treatment, prevention for anyone, particularly younger people, is still paramount. Two ways to slash your risk? You’ve heard them before: a healthy (high-fibre!) diet, and regular exercise.



A high-fibre diet and exercise help slash the risk of colorectal cancer. iStock



Richard Crouse battled his colon cancer with a positive attitude. CONTRIBUTED

... and that's the bottom line

Colon Cancer Awareness Month.
Metro's movie critic shares his own story — and a vital message



RICHARD
CROUSE
life@metronews.ca

There are a few phrases you never want to hear.

“Michael Bay is directing a remake of Casablanca” and, “It’s not you, it’s me” appear on the scroll of things that hurt my ears.

Top of the list, however, is, “We’ve found a tumor.”

In mid-2013, I had a colonoscopy, a procedure so routine I thought I’d be in and out and on my way to my favourite sandwich shop by lunch. I’m a nonsmoker, moderate drinker and I watch my diet. I even eat kale — lots of it. I had no symptoms, felt fine and only went because my doctor told me I had to due to my age.

Those four simple words went on to inform the next months of my life.

The doctor, squeezing my arm, saying, “I’m sorry,” before walking away, didn’t do much to alleviate the fear that quickly overtook me.

Besides becoming a human pincushion, pumped with toxic chemicals, the mental effect of being told you have cancer lingers.

I began the journey with the usual shock, but quickly

skipped ahead, past denial, to anger. I was mad that a bullet shaped tumor in my colon — a dark spot that had grown quietly and insidiously inside me for the past few years — could possibly sideline all I had worked for.

The anger stage was quickly replaced by acceptance after long talks with the ever-rosy Andrea, my long-time girlfriend, and the cadre of doctors brought in to assess me.

It was then I decided to live my life with as little disruption as possible. It was my way of saying, “Screw you, cancer. You’re not making the rules, I am.” Optimistic maybe, but I firmly believe that a good attitude is one of the keys to leading a healthy life even in the face of serious medical issues.

I’m through the treatment now and the prognosis is good. It was a long journey — a trip down a dark and twisty road. I won’t miss feeling like I’m living in someone else’s body, waking up exhausted everyday or fearing the sinister tumor that was growing in me.

Today I’m confident that the surgery — I toyed with using the nickname Semi Colon Crouse in tribute to what was left of my insides, but better sense prevailed — more tests and scans than I can count and the gallons of chemo pumped into my system was all worth it.

This is my story, but it’s not my message.

I waited until after my treatment for my cancer coming out party because I didn’t want apathy. I didn’t want to be viewed differently. I just want you to

Just the facts

- The National Cancer Institute of Canada (NCIC) acknowledges colorectal cancer (CRC) as the third most common cancer and the second most common cause of death from cancer for both Canadian men and women.
- On average, 423 Canadians are diagnosed with CRC every week.
- One in 14 men is expected to develop CRC during his lifetime and one in 27 will die of it. One in 15 women is expected to develop CRC during her lifetime and one in 31 will die of it.
- 175 Canadians, on average, die of this disease every week.
- Anyone 50 and up should be screened regardless of family history.

know that if this could happen to me, it could happen to you. March, being Colon Cancer Awareness Month, seemed like the time to share my story.

What I want now is for you to get tested.

Colonoscopy is a big word, but it could have a huge effect on your well-being. Having one at age 50 saved my life and it could save yours. Make an appointment today. Your colon and I will thank you.

TAP INTO YOUR PERSONAL NETWORK

GET A JUMP ON THE SUMMER JOB HUNT

While it's hard to think of summer jobs when it's still cold and snowing outside, students should be hard at work taking the steps to land employment.

The first part of the job hunt will be to determine what kind of position for which you are looking. If you aren't sure, it's a good idea to talk with a counsellor at your school's career centre — they can help you determine what types of positions are a good fit given your skills and education.

Once you have something in mind, it's time to go and see what's available. It's natural to focus on job search websites, but you should expand your search.

"You shouldn't ever limit yourself in terms of where you go to search," says Chris Glover, the interim associate director of the Career and Leadership Development Centre at Dalhousie University in Halifax.

A school's career centre will have job postings, but it's also crucial to tap into



MICHAEL JUNG/SHUTTERSTOCK

your personal network.

"Most (job) opportunities are found through networking," says Dianne Twombly, the manager of career develop-

ment at York University's Career Centre.

Talk to your friends, family and professors about what you are looking for and how they can help with the job search.

ANOTHER OPTION

Self-employment is another summer job option, which can help you develop many important skills that will serve you well down the road, including managing finances, time management, sales and organization. "Definitely, there's lots to be learned from running your own business," says Anna Weir, the co-ordinator of career services at the University of Winnipeg.

"You just never know who people know," Twombly says.

When applying for a job, custom tailor both the cover letter and resumé to the job and ensure they speak to the skills for which the position is looking.

Remember, the effort you put into the job search will dictate the results you get.

"What you put into that job search is kind of what you are going to get out of it," says Anna Weir, the co-ordinator of career services at the University of Winnipeg.



Robbie Morrison

CONTRIBUTED

GET ON THE FAST TRACK TO YOUR GOALS

NorQuest College is committed to meeting the needs of students at any stage in their learning.

Take Robbie Morrison, for example. The 27-year-old is in his last year of a bachelor of physical education degree at the University of Alberta, which became possible, in part, to NorQuest College where, in 2006, he began his journey to university after a five-year absence from school.

"NorQuest College's academic

upgrading program was great for me," Morrison says. "It allowed me to pick and choose the courses I wanted. As an adult student I didn't have to meet all of the requirements that someone coming out of high school does, so my NorQuest learning experience was really accelerated, which is what I liked."

This spring, NorQuest is offering a number of compressed learning opportunities that will put you on the fast track to achieving your goals. With NorQuest's

new academic upgrading, university transfer, and English as a second language (ESL) options, you can begin your studies in May and be done by the end of June.

"I found a great community here," says Drissa Ouattara, a new Canadian from the Ivory Coast and a 2013 NorQuest ESL alum. "The teachers are good and they are very willing to help. The college is special to me because it is helping me get to my new career."

For more, visit norquest.ca.



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FOCUS ON PHOTOGRAPHY SKILLS AT NAIT

Photography classes at NAIT are always highly popular with students taking it for personal interest or professional development. One of the most popular courses is photography — portraiture, which focuses on the necessary elements required to create great portraits.

The lighting portion of the course includes an overview of outdoor and indoor light sources, their effects, and techniques to manipulate them for getting the best results. Also included are methods a photographer can use for formal and informal portraits to reflect a particular occasion, and hands-on practice on how to position models. Students play the role of the subject and photographer to understand how important it is to make sure the subject is relaxed and comfortable being moved and positioned.

“When students practise the roles of model and photographer they come to understand how to get a model to relax when positioned, and build the confidence to pose others to get the best photo,” says Leigh Frey, instructor and alumnus of the full-time photography program.

Frey returned to NAIT to work as a staff



CONTRIBUTED

photographer 11 years ago. When she was approached to instruct part-time NAIT photography courses, she jumped at the opportunity. Her duties include commer-

cial and editorial portraiture of students, staff and dignitaries. She keeps current by attending conferences, taking workshops and collaborating with other professional

photographers. Frey was recently in Cuba teaching photography to post-secondary instructors and is working on a next-level course for them.

“I get all types of students in the portraiture course, from individuals who want to improve their basic skills to those who are seriously considering photography as a career,” Frey says.

“The advantage of coming to NAIT is that the full-time photography program has state-of-the-art facilities with four studios, backdrops, lighting and professional equipment students can play with. Students bring in their own cameras and we provide the playground.”

The portraiture class has a limited number of seats to ensure students get individual attention from the instructor. Starting with the photography — portraiture (PHOT1154) class, offered from May 7 to June 11, Wednesday evenings, NAIT also offers photography lighting, and the ever-popular wedding photography boot camp, which starts May 6 and May 10, respectively.

To register, or for more information, contact NAIT at 780-471-8993 or nait.ca.

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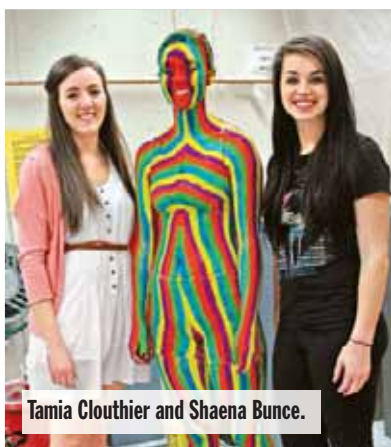
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UNIVERSITY OF ALBERTA
FACULTY OF NURSING



Tamia Clouthier and Shaena Bunce.

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MACEWAN'S FINE ART GALA RETURNS

MacEwan University students once again worked with the Stony Plain Business Association (SPBA) to bring together the arts and business communities.

Showcasing works by students in the faculty of fine arts and communications (FFAC), the second annual Fine Art Gala on March 14 was a night of music, art and culinary delights.

"The gala brings awareness to the diversity of the business area and also draws in community support with appreciation of

the students' talents," says Diane Kereluk, executive director of the SPBA, which organizes the gala. "It also brings community pride in being able to host an event such as this, which showcases emerging talent."

"I hope that participation in this event helps students make connections, not only with the broader business community, but also with other students within the faculty," says fine art faculty member Agnieszka Matejko.

This year's event showcased the col-

laborative efforts between the students of different FFAC programs.

"I view community engagement as an activity that builds motivation and enthusiasm," Matejko says. "Students no longer create assignments that are viewed only by professors and fellow students — their work contributes to the broader Edmonton community."

Proceeds from the gala go toward installing a permanent student sculpture in the Stony Plain Road area.

DIGITAL SCHOOL HOSTING OPEN HOUSE

Find out how to turn your dreams of becoming a computer-aided designer into a reality by attending the Digital School Technical Design College open house on March 27.

Meet with faculty from 2-7 p.m. and find out about all the exciting career training available at Digital School in the demanding field of CAD.

"We are enrolling new students for March 31, meaning you don't have to wait to start your Digital School diploma or

certificate program," says Brady Sylvester, assistant manager, Digital School.

Digital School students can study to earn a diploma in CAD in less than a year, with skills for which employers are looking. CAD courses include computer-aided drafter certificate, architectural CAD diploma, and engineering CAD technician diploma with process piping specialization and a part-time online computer-aided drafter program.

Digital School is now offering building

information modelling (BIM) training.

"At Digital School, we are deeply committed to ensuring our graduates are ready for any environment they'll encounter, and we see BIM as an increasingly important part of the future of CAD," Sylvester says. "It is fast becoming a standard worldwide."

Applications for the March 31 intake are now being accepted.

For more information about Digital School, or to speak to an admissions adviser, visit digitalschool.ca.



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MBA 2013



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CONCORDIA GOES THE EXTRA MILE

SCHOOL RECEIVES TOP SURVEY GRADES

While striving to make each student's university experience even better each year, Concordia University College has landed near the top of Maclean's top Canadian universities again this year.

The results from the 2013 Canadian University Survey Consortium (CUSC) survey show that Concordia's first-year students rate their university experience with a high level of satisfaction, comparable to top institutions in Canada (macleans.ca).

"We are very pleased to receive affirmation that Concordia is a great school with fantastic faculty and staff," says Dr. Gerald Krispin, president of Concordia University College of Alberta.



CONTRIBUTED

"Our primary goal continues to be on providing a quality education in a caring, Christian environment."

The survey that sampled more than 15,000 first-year students from 35 different universities asked questions related to the university experience.

"Everyone at Concordia willingly goes the extra mile to provide exceptional service," Krispin says. "We are dedicated to ensuring that each student is successful."

Concordia placed in the top three institutions in several categories, including satisfaction with the students' decision to attend the university, satisfaction with the teaching students receive, amount of help students receive with program and course decisions, and satisfaction with how professors treat students.

For more about Concordia University College of Alberta, visit Concordia.ab.ca.

PRESTIGIOUS HONOUR FOR U OF A FACULTY OF NURSING

The University of Alberta faculty of nursing is proud to announce its recent recognition in the field of gerontological nursing.

The U of A became the first school outside of the United States to join the National Hartford Centers of Gerontological Nursing Excellence (NHCGNE), which is considered to be the gold standard in gerontological nursing.

"We look forward to joining a group of elite American universities to enhance care of older adults," says Dr. Anita Molzahn, dean of the faculty of nursing. "It is exciting that our expertise has been acknowledged internationally by the NHCGNE."

The NHCGNE mission is to enhance and sustain the capacity and competency of nurses to provide quality care to older adults through faculty development, advancing gerontological nursing science, facilitating adoption of best practices, fostering leadership and designing and shaping policy.

As one of the leading research-inten-



CONTRIBUTED

sive nursing faculties in Canada, the U of A has a strong cohort of researchers interested in aging and gerontological nursing.

With 25 per cent of the faculty members — many of whom are leading scholars — focusing their research and scholarship primarily on care of older adults, this partnership will facilitate future research activity and faculty development relating to gerontological nursing.

For more information, visit ualberta.ca.

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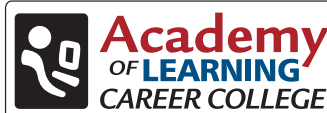


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GIVE THE GIFT OF A SECOND LANGUAGE

While growing up, Heather-Jane Au, Edmonton Chinese Bilingual Education Association (ECBEA) director, was enrolled in French school and continued through to university.

Au says this opened many opportunities for her — educational, work, personal, and travel — and is forever grateful to her mother for making that decision for her.

Now a mother of three, Au and her husband, North-American born and raised

Chinese, have enrolled their children in the ECBEA program so they can become fluent in Mandarin.

“We both felt that an education in a second language is one of the greatest gifts we could give our children,” Au says. “Learning Mandarin will allow our children to communicate and share with so many more people, in our own community of Edmonton, in Canada, and throughout the world.”

The ECBEA program works with

children from early schooling when it is easiest to introduce another language and allows the full schooling trajectory (kindergarten to Grade 12) to keep building on what they learn each year during regular school hours.

Au’s children are in grades 5, 8, and 9, and each wants to complete the program through to Grade 12.

For more information or for a list of the 12 Edmonton schools that offer this program, visit ecbea.org.

IT’S TIME TO SECURE YOUR DREAM CAREER ENROL NOW AT THE ACADEMY OF LEARNING

Why wait to get started on the path towards your dream career when programs begin every week at Academy of Learning Career College.

“Every week new students start into one of our career diploma programs knowing over 90 per cent of our graduates succeed in obtaining the profession of their dreams,” says Charles Jarvis, general manager, Acad-

emy of Learning Career College. “Academy of Learning Career College doesn’t have waiting lists with its highly effective and individualized learning system.”

Academy of Learning’s Integrated learning system makes it easier and more accessible for students to get the education that is in demand in less than a year.

“With a broad range of programs in the

fields of health care, business, accounting, legal and tourism, finding the career program that is right for you is as easy as coming into any Academy of Learning campus and asking for a free career consultation,” Jarvis says.

Check out the Academy of Learning’s open house on March 27, from 2-7 p.m. (all campuses) to learn more about the programs available.

For more information, please visit academyoflearning.ab.ca



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"There are many reasons to consider an MBA," says Christopher Lynch, director of recruitment, Alberta MBA, University of Alberta. "Career advancement, gaining business knowledge and growing your professional network are very obvious reasons."

The Alberta MBA offers research-inspired teaching from world-class faculty through a blend of lecture, case and applied learning.

The small class sizes at the Alberta School of Business helps to foster strong relationships with your peers and create a collegial environment.

The Alberta MBA is delivered in a number of different formats.

"Our different programming options provide students with flexibility to complete the MBA on their terms," Lynch says. "For instance, with classes offered four nights a week, evening MBA students would have the opportunity to plan their own schedule."

The two-year, full-time MBA allows you to fully immerse yourself in study, while the evening MBA allows you the flexibility to complete the MBA while continuing to work.

The FastTrack MBA allows business graduates to complete their MBA in less time (either full time or during the evening).

The executive MBA is designed to give senior level managers the skill set to become innovative leaders.

Select one-week intensive courses are also offered, which allow students to complete a course in a short period of time.

Along with the flexible scheduling options, individuals can also choose to tailor their own general MBA, or choose a strong specialization in one of six different options.

The Alberta School of Business will be holding an information session Wednesday for those interested in learning more about the Alberta MBA.

Interested individuals are encouraged to RSVP for these sessions at mba.net.

For more about the Alberta MBA, visit mba.net.

MAKE THE MOST OF SOCIAL MEDIA TOOLS

AT UNIVERSITY OF ALBERTA FACULTY OF EXTENSION

Since social media is here to stay, the University of Alberta faculty of extension is teaching individuals how to harness this powerful tool through its new social media citations.

The faculty of extension has created two social media citations that approach social media from a professional perspective where participants can learn how to use social media based upon tried and true marketing and communication principles.

"The intention of the citations is to provide a sound theoretical and practical education for people who find themselves thrown into a social media universe without having the benefit of being raised

TWO CITATIONS

The two faculty of extension social media citations are the U of A citation in social media strategic marketing and the U of A citation in social media communications.

Both citations teach the fundamentals of social media and effective social media communication.

in it," says Karen Unland, instructor and course developer for writing and editing in the digital world, a new course offered at the faculty of extension at the University of Alberta.

"None of this existed when any of us went to school the first time, so this is an opportunity to learn in an intense, but flexible manner ... to make the most of the new tools at our disposal."

Unland says since social media is new,



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and the rules are ever-changing, non-stop learning is required to remain ahead of the field.

"We all have access to these tools now, so these citations could be of use to just about anyone whose business relies on communication."

Unland says students in her course will learn how to create useful and engaging

content that is focused on the needs of the audience, not on the needs of the communicator or their business.

"It's easy to fall into the trap of using social media to promote ourselves and our businesses, but people tune that out pretty quickly."

For more about these citations, visit extension.ualberta.ca/socialmedia.



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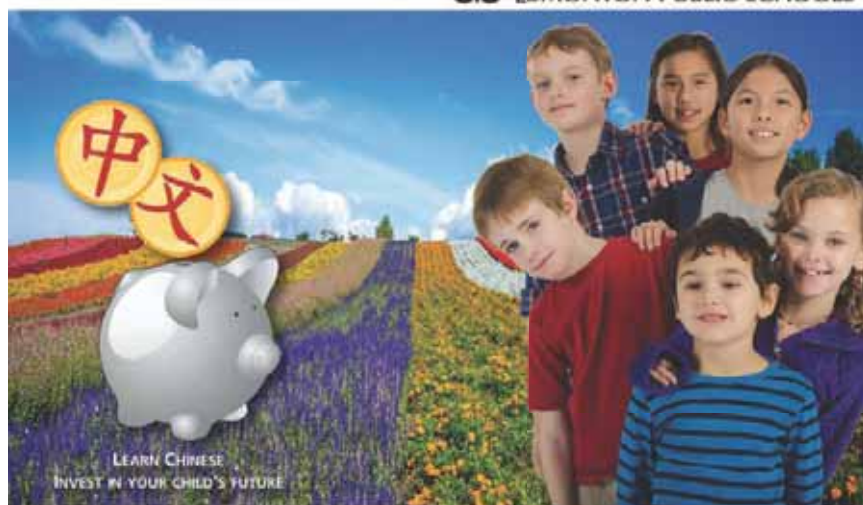
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Red meat gets a bad rap, but in small, reasonable amounts, it can serve up high amounts of immune-boosting zinc and muscle-building protein.

Any animal protein contains cholesterol and fat, so you want to keep it in check by choosing leaner cuts and making meat an ingredient rather than the whole dish.

Lean cuts include flank steak and tenderloin.

Here are some ideas to stretch your beef (and your budget!).

- Use steak in stir fries and bump up the

veggie content.

- Use double the beans and half the meat in your chili recipe.

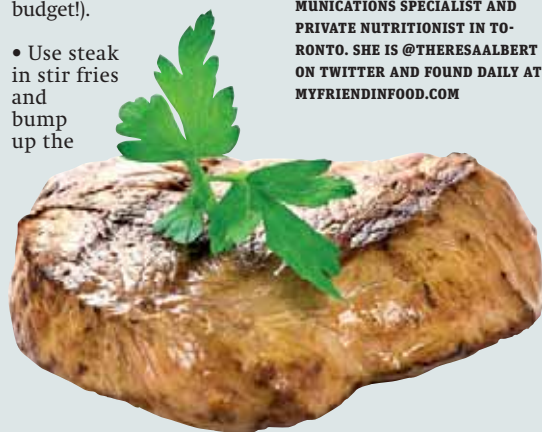
- Add ground oats and cooked spinach to burgers and meat loaves.

- Choose grass-fed beef or bison. They are leaner.

- Use sliced roast beef as one layer in a sandwich instead of a steak sandwich.

Humans are omnivores, which means we can choose our food from a variety of sources for a variety of reasons. Keeping your choices in balance beats beating yourself up over something you love.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



TOTAL TIME
30 MINUTES

This recipe serves four. COURTESY THERESA ALBERT

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Combine two family faves in a casserole and there will be no complaints at the dinner table. Flank steak is a flavourful cut and takes minutes to cook.

1. Place steak on counter to bring to room temperature.
2. Bring pot of water to a boil, add a pinch of salt for pasta.
3. Meanwhile, mix herbs,

FLASH FOOD



From your fridge to your table in 30 minutes or less

sea salt and hot pepper flakes together in a plate along with half the oil. Coat steak in herbs while you heat a cast iron skillet to high heat. Sear steak for 4-5 minutes on both sides.

4. Add pasta to boiling water and boil to cook through, drain.

5. Remove steak and set aside.

6. Add onions to steak pan, cook for 3-5 minutes, add tomatoes and a little pasta water to deglaze the pan.

7. Add cream cheese to pasta pot to melt and stir in pasta.

8. Butter casserole dish and add pasta to it. Top with onions and tomatoes, salsa, cheese. Slice meat thinly across grain and set atop dish. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST.**

Ingredients

- 1 lb flank steak
- 1 tsp each thyme and oregano
- 1 pinch each sea salt and hot pepper flakes
- 1 tbsp grapeseed oil
- 1 1/2 cups elbow whole wheat pasta
- 2 onions
- 3 plum tomatoes
- 1/2 cup cream cheese
- 1/4 cup salsa
- 1/4 cup grated cheese

Beefing up your mole

1. Heat the oven to 350 F.
2. Spread butter over cut sides of both halves of the baguettes. Set the baguettes cut side up in the oven to warm.
3. Meanwhile, heat the oil in a medium saucepan over medium-high. Add the beef and sear for 2 to 3 minutes per side. Set aside off the heat.
4. In a blender combine the almond butter, tomatoes, gar-

lic, shallot, cocoa powder, cinnamon, black pepper, pepper flakes, cloves and water. Purée until smooth, then add to the beef. Bring the beef and sauce to a simmer over medium heat. Cook, uncovered and stirring occasionally, for 10 minutes.

5. Season the beef with salt and hot sauce, then divide it between serving plates. Top with scallions. Accompany with the warmed baguette.

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Ingredients

- 12-inch baguette, halved lengthwise
- 4 tbsp (1/2 stick) butter, softened
- 1 tbsp olive oil
- 3/4 lb beef sirloin tips, cut into 1-inch chunks
- 1/4 cup almond butter
- 1/4 cup canned crushed tomatoes
- 2 cloves garlic
- 1/2 shallot
- 1 tsp cocoa powder
- 1/4 tsp each cinnamon, ground black pepper, red pepper flakes
- Pinch ground cloves
- 1/2 cup water
- Salt
- Hot sauce, to taste
- 1 scallion, white and green parts, chopped



This recipe serves three. MATTHEW MEAD/THE ASSOCIATED PRESS

CFL

Riders LB swaps jersey for suit

Saskatchewan linebacker Renault Williams has retired from the CFL and has joined the Roughriders' football operations staff.

Williams entered the CFL in 2007 when he signed with the Roughriders as a free agent. He spent three seasons with the Riders before signing with the Pittsburgh Steelers for 2010.

Williams spent the 2011 and 2012 seasons with the Hamilton Tiger-Cats before re-signing with the Riders in 2013.

THE CANADIAN PRESS

Suspected DWI

Colts owner released from jail

Indianapolis Colts owner Jim Irsay was released from jail Monday after being held overnight following a traffic stop in which police said he failed sobriety tests and had multiple prescription drugs inside his vehicle.

THE ASSOCIATED PRESS

NHL

Roy returns to Montreal as coach

Patrick Roy was all smiles and positive vibrations on Monday on his first visit to Montreal as an NHL head coach.

The Colorado Avalanche coach and former Montreal goaltending great expects a warm reception from the fans when his team plays the Habs on Tuesday night at the Bell Centre. THE CANADIAN PRESS



Canada skip Rachel Homan directs her sweepers against Denmark at the Ford World Women's Curling Championships in Saint John, N.B. on Monday.

ANDREW VAUGHAN/THE CANADIAN PRESS

Homan makes short work of opponents

Curling. Canadians take out U.S. in six ends after beating Denmark in eight

A pair of quick wins for Canada's Rachel Homan at the Ford World Women's Curling Championship on Monday allowed the host country to both regain its confidence and conserve energy for later in the tournament.

Allison Pottinger of the

United States shook hands after just six ends when Canada held a commanding 9-3 lead. Homan and her Ottawa Curling Club team downed Denmark's Madeleine Dupont 8-4 earlier in a game that went eight ends.

"It's definitely nice to get some rest after playing some shorter games," Homan said. "It's nice to get some extra rest when you can."

Canada was tied for second at 4-1 with Sweden's Margaretha Sigfridsson behind unbeaten Binia Felscher of Switzerland at 5-0.

Reigning bronze medallists

Skip Rachel Homan, vice Emma Miskew, second Alison Kreviazuk and lead Lisa Weagle won the bronze medal at last year's world curling championship in Riga, Latvia, after starting 2-3 there.

The logjam of countries at 3-2 included the U.S., China's Liu Sijia, Russia's Anna Sidorova and South Korea's Ji-sun Kim.

Scotland's Kerry Barr was 2-3 ahead of Denmark, Latvia's Evita Regza and Germany's Oona Lehmann are at 1-4. The Czech Republic's Anna Kubeskova was winless in five games.

The top four teams at the conclusion of playoffs Thursday advance to the playoffs.

Monday was a big bounce for the Canadians after a demoralizing loss to the Swiss the previous day, when it was Canada giving up four points in steals and shaking hands after eight ends.

THE CANADIAN PRESS

Bolts make a move up in Atlantic Division



Steven Stamkos of the Lightning celebrates his goal as the Canucks' Shawn Matthias reacts on Monday in Tampa. MIKE CARLSON/GETTY IMAGES

Steven Stamkos and Ondrej Palat both had a goal and an assist to lead the Tampa Bay Lightning past the Vancouver Canucks 4-3 on Monday night.

Valtteri Filppula and Tom Pyatt also scored for the Lightning, who moved into a second-place tie with Montreal — with one game at hand — in the Atlantic Division after completing a 3-1-2 homestand. Ben Bishop extended his single-season team record with his 32nd win.

Vancouver, which started play 10th in the Western Con-

ference, is 3-6-1 in its last 10 games. Alexandre Burrows scored two goals, and Jannik Hansen added a short-handed tally for the Canucks.

Stamkos put the Lightning up 1-0 with a power-play goal from the low slot 17:56 into the game.

Tampa Bay went ahead 2-0 in the second period when Palat's pass went off sliding Canucks defenceman Ryan Stanton and into the net at 6:54.

Filppula made it 3-0 with nine seconds left in the

second when his pass deflected off Stanton and past Lack.

Burrows ended Bishop's bid for a second consecutive shutout on a power-play rebound goal 5:44 into the third. Bishop got his fifth shutout this season in a 3-0 victory over New Jersey on Saturday.

After Pyatt scored midway through the third period, the Canucks got within one on goals by Burrows at 11:44 and Hansen at 15:16.

THE ASSOCIATED PRESS

Melvin has goals beyond NCAA March Madness



Melvin Ejim's family moved from Nigeria to Toronto just before he was born and he didn't get noticed by the countless street scouts who hover around the game until his mid-teens. JASON MILLER/GETTY IMAGES

Basketball. Big 12 player of the year from Toronto is taking college very seriously

It is refreshing in this age of one-and-done NCAA basketball stars — the high-profile teenagers who use a year in college as a pit stop on their way to untold NBA riches — to find the student athletes who use as much collegiate time as they can.

They may end up in Europe or the D League or Asia — and on occasion they improve their games enough to find NBA employment — but they find a balance that sets them up for life as something other than a professional baller.

Toronto's Melvin Ejim, who has accrued any number of accolades at Iowa State University, is a case in point.

He has been a mainstay of the program for four years and no matter what happens in the March Madness tournament that begins this week, his overall impact has been significant.

"It's one of the best things that ever happened to this

program is to have Melvin Ejim in a Cyclone uniform for four years," Iowa State coach and former NBAer Fred Hoiberg said of Ejim earlier this month.

Ejim is indeed a throwback, a true senior who has stayed and thrived and become the face of a college program.

The Cyclones have been to March Madness in three of Ejim's four years there and he has been their standout player all season.

There was a memorable 48-point night — the highest single-game scoring outburst in Big 12 history against TCU last month — and Ejim finished his career 12th all-time in Iowa State history with 1,547 points and third with 1,007 rebounds.

He's a fine outside shooter at 35 per cent from three-point range, and a disruptive, if undersized, force in the paint. But whether or not Ejim has the skills to play in the NBA is very much in doubt. NBA scouts, forbidden by rules to speak on the record about college players before their seasons are over, wonder just where Ejim's game would take him.

Not all about the NBA

"Law school, that's where I have my sights right now."

Toronto's Melvin Ejim on his main goal in college, one that he should meet given his 3.7 GPA

Northern lights

27

A total of 27 Canadians will suit up in the tournament. Look for numerous Canucks not only playing major minutes, but playing starring roles.

At six-foot-six he is the prototypical "tweener" who many think would have trouble finding a position to play in the NBA. Some doubt that he's quick enough to guard small forwards or big enough to handle power forwards, and an offensive game that's stood him in such good stead in the NCAA may not cut it in the NBA.

But Ejim, according to those who know him, is a grounded 23-year-old fully aware that professional basketball may not be in his future. There are hundreds and hundreds of college players who dream only about becoming professional, but Ejim is not one of them.

"I'm in school — my primary goal is to get my education," Ejim told the Des Moines Register. "When I'm not doing that, I'm playing basketball."

Added Hoiberg: "Melvin's a heck of a lot smarter than I am. He gets better grades than I ever got. He's what participating in college athletics is supposed to be about."

TORSTAR NEWS SERVICE

Wayman Tisdale Award

Parker named top freshman

Duke forward Jabari Parker won the Wayman Tisdale Award on Monday, presented by the U.S. Basketball Writers Association to the nation's top freshman.

The six-foot-eight Parker is second in the Atlantic Coast Conference in scoring (19.3) and leads the league in rebounding (8.8). He has scored in double figures in 17 straight games and in 32 of 34 games this season, breaking the Duke freshman record held by Gene Banks and Luol Deng.

Joining Parker on the freshman All-America team are: Joel Embiid and Vaughan's Andrew Wiggins of Kansas; Brampton's Tyler Ennis of Syracuse and Julius Randle of Kentucky.

THE ASSOCIATED PRESS



Duke's Jabari Parker was named NCAA freshman of the year on Monday. GETTY IMAGES

Billion-dollar bracket

Buffett's bet building hype

So, about that billion dollars.

Warren Buffett looks at his offer to pay \$1 billion to anyone who fills out a perfect NCAA tournament bracket as nothing more than a matter of having the numbers in his favour.

Mathematicians say he's right but that's not stopping them from building a cottage industry to teach bracket-fillers how to make the impossible seem possible.

Around a half-dozen college professors are offering classes to teach the ins and outs of the numbers that will, inevitably, work against them.

There are a few more than 9.2 quintillion combinations for a 64-team bracket. A quintillion is one million times one trillion — a 1 with 18 zeros behind it.

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Guide to March Madness

Top Teams

Florida. No. 1 overall gets props, especially one that plays defence like the Gators.

Wichita State. Final Four last season, unbeaten so far this one. All you need to know.

Arizona. A loss to UCLA in the Pac-12 title game wasn't enough to keep the Wildcats from a No. 1 seed.

Virginia. No. 1 in the East Region after sweeping the ACC regular-season and tournament titles.



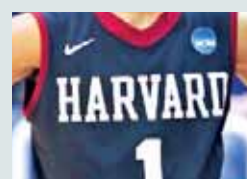
Top players

Doug McDermott, Creighton. Pretty much everyone's player of the year. Expect big things.

Jabari Parker, Duke. The year's best freshman is one of the best. Period.

Shabazz Napier, UConn. The only thing the Huskies' do-everything guard doesn't do is drive the team bus.

Russ Smith, Louisville. He is still Russdiculous.



Potential upsets

Harvard over Cincinnati, East Regional.

Providence over North Carolina, East Regional.

Saint Joseph's over UConn, East Regional.

N.C. State or Xavier over Saint Louis, Midwest Regional.

Iowa or Tennessee over UMass, Midwest Regional.

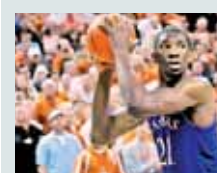
Numbers games

3 straight years a team with a losing record has made the field of 68. Cal Poly, at 13-19, got in by winning the Big West tournament as the No. 7 seed.

18 teams have entered the tournament undefeated. Seven went on to win the title, the last one Indiana in 1976.

26 consecutive wins by top overall seed Florida.

355 Weight of Sim Bhullar, New Mexico State's seven-foot-five centre.



The missing

Brandon Ashley, Arizona. The forward went down for the season with a foot injury last month.

Joel Embiid, Kansas. The freshman is out with a back injury.

Mitch McGary, Michigan. The big man, missed the season with a back injury.

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Horoscopes

Aries

March 21 - April 20

Put your heart and soul into what you are working on. No matter how much natural talent you may have what makes you stand out from the crowd is your enthusiasm.

Taurus

April 21 - May 21

Someone in a position of authority will ask you to do something for them today and you should agree. You may not be in the mood to work harder but later you will see how much it benefited you.

Gemini

May 22 - June 21

If you get the chance to travel today you must take it. Venus and Uranus combine in such a favourable way that the more you are on the move the more fun you will have.

Cancer

June 22 - July 23

Listen to what your conscience tells you today and ignore anyone who gives you conflicting advice. Too much of what others say is based on fear and ignorance. Listen to your heart.

Leo

July 24 - Aug. 23

Give partners and loved ones room to be themselves. If you try to restrict their movements you will succeed only in making them more rebellious.

Virgo

Aug. 24 - Sept. 23

No matter how irritating certain people may be you must not let them get under your skin. You need to relax and let life happen. The more you try to force things the more others will try to annoy you.

Libra

Sept. 24 - Oct. 23

Venus, your ruler, links nicely with changes planet Uranus over the next 24 hours, which means you must be more adventurous. Both creatively and romantically you should take more chances.

Scorpio

Oct. 24 - Nov. 22

According to the planets you are thinking too much about the past and not nearly enough about the future. Your task today is to switch your attention away from what was and toward what could be.

Sagittarius

Nov. 23 - Dec. 21

If there is something you want to tell the world, something you think it should know, shout about it as loudly as you can. Make sure you get heard.

Capricorn

Dec. 22 - Jan. 20

At some point today you will discover that your money situation is not as bad as you thought it was and that will cheer you up immensely. But it is not an excuse to go on a spree.

Aquarius

Jan. 21 - Feb. 19

Today's link between values planet Venus, currently in your sign, and your ruling planet Uranus will encourage you to believe that life is good and getting better by the minute.

Pisces

Feb. 20 - March 20

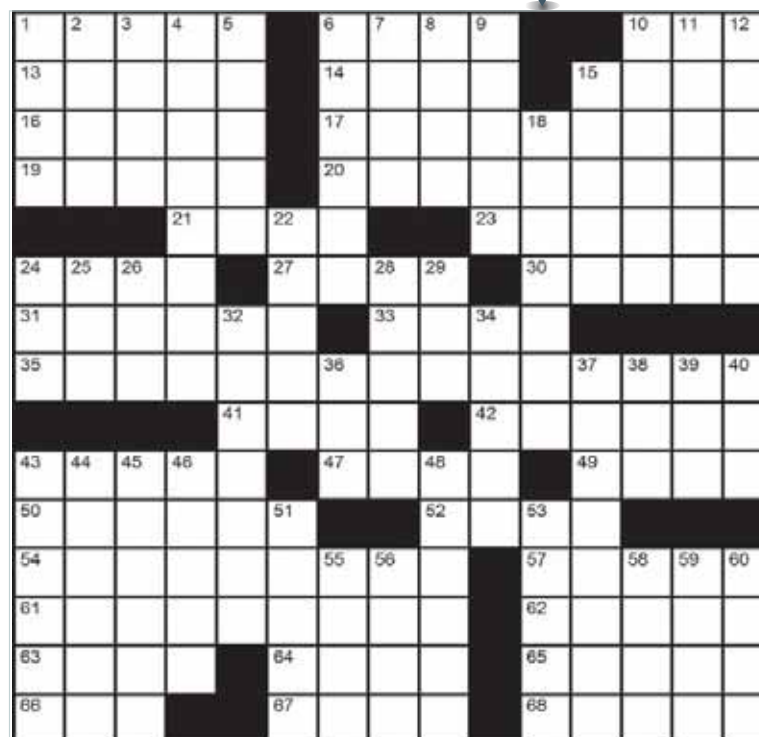
If there is someone you have admired from afar but, for one reason or another, have been reluctant to approach, now is the time to let them know that you like them. According to the planets they may well have feelings for you too.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. ___ Falls (High waterfall on Vancouver Island)
6. "Who's the Boss?" role
10. Swimming length
13. Stave off
14. ___ 6:00am
15. Bona ___
16. Hairstyle bangs, sometimes
17. Etobicoke, ON-born star of CTV's "Spun Out": 2 wds.
19. View, Bible-style
20. Bertram Brockhouse's occupation (Canadian who got a Nobel Prize in 1994)
21. '60s concert film, "___ Show"
23. Loyal about: 2 wds.
24. ___ B'rith
27. Prefix to 'ferous' (Conveying air)
30. German industrial city
31. St. John's born humourist Rick
33. Patron saint of Norway
35. Type of show
- #17-Across is: 2 wds.
41. Stroll
42. Excused from
43. Marx Brothers, just one
47. Indigo
49. ___ Rage (Performance enhancers-user's anger)
50. "Sources told me



- that...": 2 wds.
52. Drug deal buster, for short
54. North Atlantic overfishing depletes them: 2 wds.
57. Surpass
61. Ruthless
62. ___ Pendragon (King Arthur's father)

63. Some, in French: Quelques-___
64. Comic actor Eric
65. Upside-down-triangle sign
66. Celeb couple's caught-by-paps moment
67. Ooze
68. Sir Coward's

Down

1. Stealing birds
2. "A Letter for ___" (1946)
3. Shake off
4. Avon product
5. Temple sanctums of ancient Greece
6. Wet earth created
7. Bright fish
8. Old ___ (Clothing chain)
9. "This is ___, this is only..."
10. Water ___ (Flowers in Monet paintings)
11. "___ Fideles,"
12. '60s series, "___

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- Place"
15. Concentrate
18. Web browser name
22. "Canada AM" health expert, Dr. ___ Shapiro
24. Snazzy-lettered car
25. Prefix to 'classical'
26. Airport screen abbr.
28. ___ '___' Roll
29. Island: French
32. Adele's "Rolling in the Deep" co-song-writer, Paul ___
34. High-speed Amtrak train
36. Mode's intro: 2 wds.
37. Romeo and Juliet character
38. Music genre
39. Printer resolution meas.
40. Financial rpt.'s 'until now'
43. Small setback
44. Elvis bit: "You ain't nothin' but ___ dog..."
45. Tetley product aka Rooibos: 2 wds.
46. Histories
48. Shoe part
51. Showbiz legend Ms. Day
53. ___Noranda, Quebec
55. Postal ___
56. Produce product
58. Bible pronoun
59. Computers name
60. Sequences, for short

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 4°
MIN: -3°



MAX: 4°
MIN: 1°



MAX: 0°
MIN: -8°



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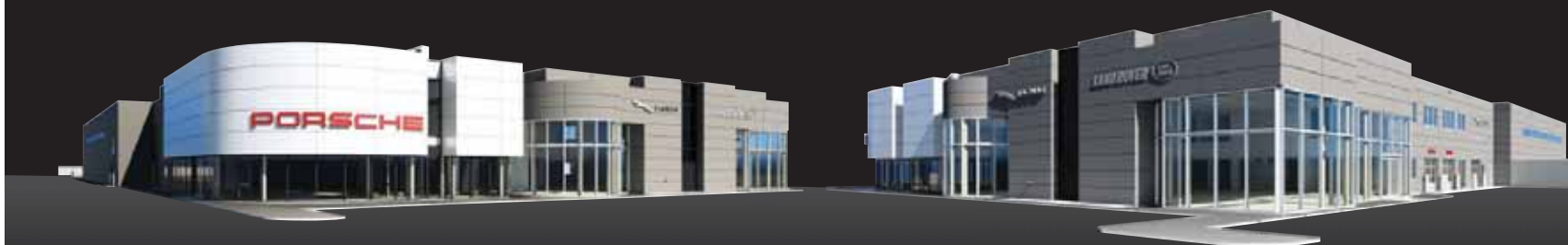


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